NDB No. 04609
Animal fat, bacon grease

Refuse: 0%

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

NDB No. 04609
Animal fat, bacon grease

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	39.004		0	RA	4		1.677		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.100		0	RA	4		0.004		
12:0....g	0.199		0	RA	4		0.009		
13:0....g									
14:0....g	1.294		0	RA	4		0.056		
15:0....g									
16:0....g	23.681		0	RA	4		1.018		
17:0....g									
18:0....g	13.432		0	RA	4		0.578		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	44.874		0	RA	4		1.930		
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.686		0	RA	4		0.115		
17:1....g									
18:1 undifferentiated....g	40.994		0	RA	4		1.763		
20:1....g	0.995		0	RA	4		0.043		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.144		0	RA	4		0.479		
18:2 undifferentiated....g	10.149		0	RA	4		0.436		
18:3 undifferentiated....g	0.995		0	RA	4		0.043		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	95		0	RA	4		4		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 4.3g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43214
Butter replacement, without fat, powder

Refuse: 0%

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

NDB No. 43214
Butter replacement, without fat, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.589		0		4		0.471		
4:0....g	0.029		0		4		0.023		
6:0....g	0.017		0		4		0.014		
8:0....g	0.011		0		4		0.009		
10:0....g	0.026		0		4		0.021		
12:0....g	0.031		0		4		0.025		
13:0....g									
14:0....g	0.092		0		4		0.074		
15:0....g									
16:0....g	0.253		0		4		0.202		
17:0....g									
18:0....g	0.111		0		4		0.089		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.276		0		4		0.221		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		4		0.016		
17:1....g									
18:1 undifferentiated....g	0.243		0		4		0.194		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.057		0		4		0.046		
18:2 undifferentiated....g	0.039		0		4		0.031		
18:3 undifferentiated....g	0.018		0		4		0.014		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0		4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 80g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	34.321		0		4				
4:0....g	1.788		0		4				
6:0....g	1.060		0		4				
8:0....g	0.619		0		4				
10:0....g	1.380		0		4				
12:0....g	1.550		0		4				
13:0....g									
14:0....g	5.547		0		4				
15:0....g									
16:0....g	14.499		0		4				
17:0....g									
18:0....g	6.682		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.927		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.237		0		4				
17:1....g									
18:1 undifferentiated....g	13.867		0		4				
20:1....g	0.000		0		7				
22:1 undifferentiated....g	0.000		0		7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.046		0		4				
18:2 undifferentiated....g	1.244		0		4				
18:3 undifferentiated....g	0.802		0		4				
18:4....g	0.000		0		7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7				
20:5 n-3 (EPA)....g	0.000		0		7				
22:5 n-3 (DPA)....g	0.000		0		7				
22:6 n-3 (DHA)....g	0.000		0		7				
Fatty acids, total trans....g									
Cholesterol....mg	106		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	34.321		0		4				
4:0....g	1.788		0		4				
6:0....g	1.060		0		4				
8:0....g	0.619		0		4				
10:0....g	1.380		0		4				
12:0....g	1.550		0		4				
13:0....g									
14:0....g	5.547		0		4				
15:0....g									
16:0....g	14.499		0		4				
17:0....g									
18:0....g	6.682		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.927		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.237		0		4				
17:1....g									
18:1 undifferentiated....g	13.867		0		4				
20:1....g	0.000		0		7				
22:1 undifferentiated....g	0.000		0		7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.046		0		4				
18:2 undifferentiated....g	1.244		0		4				
18:3 undifferentiated....g	0.802		0		4				
18:4....g	0.000		0		7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7				
20:5 n-3 (EPA)....g	0.000		0		7				
22:5 n-3 (DPA)....g	0.000		0		7				
22:6 n-3 (DHA)....g	0.000		0		7				
Fatty acids, total trans....g									
Cholesterol....mg	106		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42116

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.00		1		1		11.10	181.30	
Energy....kcal	160		1		1		24	392	
Energy....kJ	669		1		1		100	1640	
Protein....g	1.50		1		1		0.23	3.68	
Total lipid (fat)....g	14.00		1		1		2.10	34.30	
Ash....g	3.50		0	NC	4		0.53	8.58	
Carbohydrate, by difference....g	7.00		0	NC	4		1.05	17.15	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	5.65		0	FLA	4		0.85	13.84	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		4		1	15	
Iron, Fe....mg	0.13		0		4		0.02	0.32	
Magnesium, Mg....mg	2		0		4		0	5	
Phosphorus, P....mg	7		0		4		1	17	
Potassium, K....mg	36		0		4		5	88	
Sodium, Na....mg	1120		0	O	4		168	2744	
Zinc, Zn....mg	0.04		0		4		0.01	0.10	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		4		0.1	1.0	
Thiamin....mg	0.010		0		4		0.002	0.025	
Riboflavin....mg	0.010		0		4		0.002	0.025	
Niacin....mg	0.020		0		4		0.003	0.049	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0		4		0.005	0.074	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	16.0		0	BFZN	4		2.4	39.2	
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.01	0.17	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.39		0	FLA	4		0.36	5.86	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....µg	3.5		0	FLA	4		0.5	8.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 42116

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.115		0		4		0.317	5.182	
4:0....g	0.007		0		4		0.001	0.017	
6:0....g	0.004		0		4		0.001	0.010	
8:0....g	0.002		0		4		0.000	0.005	
10:0....g	0.005		0		4		0.001	0.012	
12:0....g	0.006		0		4		0.001	0.015	
13:0....g									
14:0....g	0.035		0		4		0.005	0.086	
15:0....g									
16:0....g	1.475		0		4		0.221	3.614	
17:0....g									
18:0....g	0.549		0		4		0.082	1.345	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.273		0		4		0.491	8.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.032		0		4		0.005	0.078	
17:1....g									
18:1 undifferentiated....g	3.197		0		4		0.480	7.833	
20:1....g	0.028		0		4		0.004	0.069	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.994		0		4		1.199	19.585	
18:2 undifferentiated....g	7.039		0		4		1.056	17.246	
18:3 undifferentiated....g	0.941		0		4		0.141	2.305	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 245g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42158

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

Refuse: 0%

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

NDB No. 42158

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.355		0		4		0.203	3.171	
4:0....g	0.011		0		4		0.002	0.026	
6:0....g	0.007		0		4		0.001	0.016	
8:0....g	0.004		0		4		0.001	0.009	
10:0....g	0.008		0		4		0.001	0.019	
12:0....g	0.010		0		4		0.002	0.023	
13:0....g									
14:0....g	0.042		0		4		0.006	0.098	
15:0....g									
16:0....g	0.841		0		4		0.126	1.968	
17:0....g									
18:0....g	0.425		0		4		0.064	0.995	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.391		0		4		0.509	7.935	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		4		0.006	0.089	
17:1....g									
18:1 undifferentiated....g	3.340		0		4		0.501	7.816	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.891		0		4		0.434	6.765	
18:2 undifferentiated....g	2.680		0		4		0.402	6.271	
18:3 undifferentiated....g	0.204		0		4		0.031	0.477	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 234g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42157

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.70		1		1		12.70	197.21	
Energy	kcal	107		1		1		18	282	
Energy	kJ	448		1		1		76	1182	
Protein	g	1.40		1		1		0.24	3.70	
Total lipid (fat)	g	2.70		1		1		0.46	7.13	
Ash	g	1.20		0	NC	4		0.20	3.17	
Carbohydrate, by difference	g	20.00		0	NC	4		3.40	52.80	
Fiber, total dietary	g	0.0		1		1		0.0	0.0	
Sugars, total	g	5.35		0	BFZN	4		0.91	14.12	
Starch	g									
Minerals:										
Calcium, Ca	mg	36		1		1		6	95	
Iron, Fe	mg	0.25		1		1		0.04	0.66	
Magnesium, Mg	mg	5		1		1		1	13	
Phosphorus, P	mg	77		1		1		13	203	
Potassium, K	mg	133		1		1		23	351	
Sodium, Na	mg	897		0	O	4		152	2368	
Zinc, Zn	mg	0.18		1		1		0.03	0.48	
Copper, Cu	mg	0.000		1		1		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	µg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.010		1		1		0.002	0.026	
Riboflavin	mg	0.060		1		1		0.010	0.158	
Niacin	mg	0.040		1		1		0.007	0.106	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		1		1		0.003	0.053	
Folate, total	µg	6		0	BFZN	4		1	15	
Folic acid	µg	0		0	BFZN	4		0	0	
Folate, food	µg	6		0	BFZN	4		1	15	
Folate, DFE	mcg_DFE	6		0	NC	4		1	15	
Choline, total	mg	16.0		0	BFZN	4		2.7	42.2	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	BFZN	4		0	2	
Retinol	µg	1		0	BFZN	4		0	2	
Carotene, beta	µg	0		0	BFZN	4		0	0	
Carotene, alpha	µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	3		0	NC	4		1	9	
Lycopene	µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	µg	4		0	BFZN	4		1	11	
Vitamin E (alpha-tocopherol)	mg	0.67		0	NR	4		0.11	1.77	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.3		0	BFZN	4		0.4	6.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 42157

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.494		1		1		0.084	1.304	
4:0....g	0.007		0		4		0.001	0.018	
6:0....g	0.005		0		4		0.001	0.013	
8:0....g	0.003		0		4		0.001	0.008	
10:0....g	0.005		0		4		0.001	0.013	
12:0....g	0.005		0		4		0.001	0.013	
13:0....g									
14:0....g	0.025		0		4		0.004	0.066	
15:0....g									
16:0....g	0.313		0		4		0.053	0.826	
17:0....g									
18:0....g	0.122		0		4		0.021	0.322	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.640		1		1		0.109	1.690	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		4		0.002	0.026	
17:1....g									
18:1 undifferentiated....g	0.620		0		4		0.105	1.637	
20:1....g	0.005		0		4		0.001	0.013	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.444		1		1		0.245	3.812	
18:2 undifferentiated....g	1.271		0		4		0.216	3.355	
18:3 undifferentiated....g	0.171		0		4		0.029	0.451	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 264g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04706
Dressing, honey mustard, fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.17		0	FLC	4		16.85		
Energy	kcal	169		0	FLC	4		51		
Energy	kJ	705		0	FLC	4		212		
Protein	g	1.07		0	FLC	4		0.32		
Total lipid (fat)	g	1.47		0	FLC	4		0.44		
Ash	g	2.86		0	FLC	4		0.86		
Carbohydrate, by difference	g	38.43		0	NC	4		11.53		
Fiber, total dietary	g	1.2		2	LC	8		0.4		
Sugars, total	g	17.75		0	FLC	4		5.32		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	FLC	4		7		
Iron, Fe	mg	0.36		0	FLC	4		0.11		
Magnesium, Mg	mg	13		0	FLC	4		4		
Phosphorus, P	mg	37		0	FLC	4		11		
Potassium, K	mg	69		0	FLC	4		21		
Sodium, Na	mg	1004		2	LC	8		301		
Zinc, Zn	mg	0.29		0	FLC	4		0.09		
Copper, Cu	mg	0.040		0	FLC	4		0.012		
Manganese, Mn	mg	0.115		0	FLC	4		0.035		
Selenium, Se	µg	6.2		0	FLC	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1		0	FLC	4		0.6		
Thiamin	mg	0.043		0	FLC	4		0.013		
Riboflavin	mg	0.021		0	FLC	4		0.006		
Niacin	mg	0.151		0	FLC	4		0.045		
Pantothenic acid	mg	0.074		0	FLC	4		0.022		
Vitamin B-6	mg	0.053		0	FLC	4		0.016		
Folate, total	µg	9		0	FLC	4		3		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	9		0	FLC	4		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Choline, total	mg	5.5		0	FLC	4		1.6		
Betaine	mg									
Vitamin B-12	µg	0.02		0	FLC	4		0.01		
Vitamin B-12, added	µg	0.00		0	NR	4		0.00		
Vitamin A, RAE	mcg_RAE	5		0	FLC	4		1		
Retinol	µg	4		0	FLC	4		1		
Carotene, beta	µg	2		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	18		0	FLC	4		5		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	15		0	FLC	4		5		
Vitamin E (alpha-tocopherol)	mg	0.80		0	O	4		0.24		
Vitamin E, added	mg	0.65		0	O	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	0.3		0	FLC	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04706
Dressing, honey mustard, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.349		0	FLC	4		0.105		
4:0....g	0.017		0	FLC	4		0.005		
6:0....g	0.010		0	FLC	4		0.003		
8:0....g	0.005		0	FLC	4		0.002		
10:0....g	0.011		0	FLC	4		0.003		
12:0....g	0.013		0	FLC	4		0.004		
13:0....g									
14:0....g	0.045		0	FLC	4		0.013		
15:0....g									
16:0....g	0.157		0	FLC	4		0.047		
17:0....g									
18:0....g	0.068		0	FLC	4		0.020		
20:0....g	0.008		0	FLC	4		0.002		
22:0....g	0.004		0	FLC	4		0.001		
24:0....g	0.003		0	FLC	4		0.001		
Fatty acids, total monounsaturated....g	0.708		0	FLC	4		0.212		
14:1....g	0.004		0	FLC	4		0.001		
15:1....g									
16:1 undifferentiated....g	0.009		0	FLC	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.336		0	FLC	4		0.101		
20:1....g	0.103		0	FLC	4		0.031		
22:1 undifferentiated....g	0.239		0	FLC	4		0.072		
24:1 c....g	0.016		0	FLC	4		0.005		
Fatty acids, total polyunsaturated....g	0.287		0	FLC	4		0.086		
18:2 undifferentiated....g	0.174		0	FLC	4		0.052		
18:3 undifferentiated....g	0.100		0	FLC	4		0.030		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.006		0	FLC	4		0.002		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	FLC	4		0.000		
Cholesterol....mg	1		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 30g: 2 tbsp (1 NLEA serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04001
Fat, beef tallow

Refuse: 0%

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

NDB No. 04001
Fat, beef tallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	49.800		0		1		102.090	6.374	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.900	0.508	5		1		1.845	0.115	
13:0....g									
14:0....g	3.700	0.421	14		1		7.585	0.474	
15:0....g									
16:0....g	24.900	0.819	15		1		51.045	3.187	
17:0....g									
18:0....g	18.900	0.927	15		1		38.745	2.419	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	41.800		0		1		85.690	5.350	
14:1....g									
15:1....g									
16:1 undifferentiated....g	4.200	0.551	15		1		8.610	0.538	
17:1....g									
18:1 undifferentiated....g	36.000	1.275	15		1		73.800	4.608	
20:1....g	0.300	0.107	4		1		0.615	0.038	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.000		0		1		8.200	0.512	
18:2 undifferentiated....g	3.100	0.511	15		1		6.355	0.397	
18:3 undifferentiated....g	0.600	0.160	9		1		1.230	0.077	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	109		0		1		223	14	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04001
Fat, beef tallow

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04542
Fat, chicken

Refuse: 0%

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

NDB No. 04542
Fat, chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	29.800		0		1		61.090	3.814	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.100	0.016	14		1		0.205	0.013	
13:0....g									
14:0....g	0.900	0.048	62		1		1.845	0.115	
15:0....g									
16:0....g	21.600	0.381	70		1		44.280	2.765	
17:0....g									
18:0....g	6.000	0.186	70		1		12.300	0.768	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	44.700		0		1		91.635	5.722	
14:1....g									
15:1....g									
16:1 undifferentiated....g	5.700	0.187	70		1		11.685	0.730	
17:1....g									
18:1 undifferentiated....g	37.300	0.499	70		1		76.465	4.774	
20:1....g	1.100	0.305	12		1		2.255	0.141	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	20.900		0		1		42.845	2.675	
18:2 undifferentiated....g	19.500	0.617	70		1		39.975	2.496	
18:3 undifferentiated....g	1.000	0.075	56		1		2.050	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100	0.038	5		1		0.205	0.013	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		174	11	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04542
Fat, chicken

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04574
Fat, duck

Refuse: 0%

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

NDB No. 04574
Fat, duck

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	33.200		0		1		68.060	4.250	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.700	0.013	93		1		1.435	0.090	
15:0....g									
16:0....g	24.700	0.213	98		1		50.635	3.162	
17:0....g									
18:0....g	7.800	0.114	98		1		15.990	0.998	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	49.300		0		1		101.065	6.310	
14:1....g									
15:1....g									
16:1 undifferentiated....g	4.000	0.090	98		1		8.200	0.512	
17:1....g									
18:1 undifferentiated....g	44.200	0.290	98		1		90.610	5.658	
20:1....g	1.100	0.043	91		1		2.255	0.141	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.900		0		1		26.445	1.651	
18:2 undifferentiated....g	12.000	0.237	98		1		24.600	1.536	
18:3 undifferentiated....g	1.000	0.033	93		1		2.050	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	100		0		1		205	13	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04574
Fat, duck

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04576
Fat, goose

Refuse: 0%

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

NDB No. 04576
Fat, goose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000	0.032	6		1		0.000	0.000	
13:0....g									
14:0....g	0.500	0.060	21		1		1.025	0.064	
15:0....g									
16:0....g	20.700	0.492	21		1		42.435	2.650	
17:0....g									
18:0....g	6.100	0.168	21		1		12.505	0.781	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	56.700		0		1		116.235	7.258	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.800	0.257	21		1		5.740	0.358	
17:1....g									
18:1 undifferentiated....g	53.500		0		1		109.675	6.848	
20:1....g	0.100		2		1		0.205	0.013	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.000		0		1		22.550	1.408	
18:2 undifferentiated....g	9.800	0.536	21		1		20.090	1.254	
18:3 undifferentiated....g	0.500	0.326	6		1		1.025	0.064	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	100		0		1		205	13	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 04576
Fat, goose

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04520
Fat, mutton tallow

Refuse: 0%

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

NDB No. 04520
Fat, mutton tallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	47.300		0		1		96.965	6.054	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	3.800	0.186	64		1		7.790	0.486	
15:0....g									
16:0....g	21.500	0.290	64		1		44.075	2.752	
17:0....g									
18:0....g	19.500	0.761	64		1		39.975	2.496	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	40.600		0		1		83.230	5.197	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.300	0.208	31		1		4.715	0.294	
17:1....g									
18:1 undifferentiated....g	37.600	0.452	64		1		77.080	4.813	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.800		0		1		15.990	0.998	
18:2 undifferentiated....g	5.500	0.284	64		1		11.275	0.704	
18:3 undifferentiated....g	2.300	0.133	64		1		4.715	0.294	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	102		0		1		209	13	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04520
Fat, mutton tallow

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04575
Fat, turkey

Refuse: 0%

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

NDB No. 04575
Fat, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	29.400		0		1		60.270	3.763	1.264
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000	0.031	3		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.900	0.058	32		1		1.845	0.115	0.039
15:0....g									
16:0....g	20.600	0.520	32		1		42.230	2.637	0.886
17:0....g									
18:0....g	6.200	0.349	32		1		12.710	0.794	0.267
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	42.900		0		1		87.945	5.491	1.845
14:1....g									
15:1....g									
16:1 undifferentiated....g	6.000	0.297	32		1		12.300	0.768	0.258
17:1....g									
18:1 undifferentiated....g	35.900	0.750	32		1		73.595	4.595	1.544
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	23.100		0		1		47.355	2.957	0.993
18:2 undifferentiated....g	21.200	0.660	32		1		43.460	2.714	0.912
18:3 undifferentiated....g	1.400	0.079	32		1		2.870	0.179	0.060
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.300	0.031	11		1		0.615	0.038	0.013
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	102		0		1		209	13	4
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04575
Fat, turkey

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Measure 3 = 4.3g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04589
Fish oil, cod liver

Refuse: 0%

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

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	3.568		2		1		7.778	0.485	0.161
15:0....g									
16:0....g	10.630		2		1		23.173	1.446	0.478
17:0....g									
18:0....g	2.799		2		1		6.102	0.381	0.126
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	46.711		0		1		101.830	6.353	2.102
14:1....g									
15:1....g									
16:1 undifferentiated....g	8.309		2		1		18.114	1.130	0.374
17:1....g									
18:1 undifferentiated....g	20.653		2		1		45.024	2.809	0.929
20:1....g	10.422		2		1		22.720	1.417	0.469
22:1 undifferentiated....g	7.328		2		1		15.975	0.997	0.330
24:1 c....g									
Fatty acids, total polyunsaturated....g	22.541		0		1		49.139	3.066	1.014
18:2 undifferentiated....g	0.935		2		1		2.038	0.127	0.042
18:3 undifferentiated....g	0.935		2		1		2.038	0.127	0.042
18:4....g	0.935		2		1		2.038	0.127	0.042
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.935		2		1		2.038	0.127	0.042
20:5 n-3 (EPA)....g	6.898		2		1		15.038	0.938	0.310
22:5 n-3 (DPA)....g	0.935		2		1		2.038	0.127	0.042
22:6 n-3 (DHA)....g	10.968		2		1		23.910	1.492	0.494
Fatty acids, total trans....g									
Cholesterol....mg	570		1		1		1243	78	26
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04590
Fish oil, herring

Refuse: 0%

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

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.157		17		1		0.342	0.021	0.007
13:0....g									
14:0....g	7.186		17		1		15.665	0.977	0.323
15:0....g									
16:0....g	11.704		17		1		25.515	1.592	0.527
17:0....g									
18:0....g	0.818		17		1		1.783	0.111	0.037
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	56.564		0		1		123.310	7.693	2.545
14:1....g									
15:1....g									
16:1 undifferentiated....g	9.642		17		1		21.020	1.311	0.434
17:1....g									
18:1 undifferentiated....g	11.955		17		1		26.062	1.626	0.538
20:1....g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated....g	20.613		17		1		44.936	2.803	0.928
24:1 c....g									
Fatty acids, total polyunsaturated....g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated....g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated....g	0.763		17		1		1.663	0.104	0.034
18:4....g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.289		17		1		0.630	0.039	0.013
20:5 n-3 (EPA)....g	6.273		17		1		13.675	0.853	0.282
22:5 n-3 (DPA)....g	0.619	0.000	17		1		1.349	0.084	0.028
22:6 n-3 (DHA)....g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans....g									
Cholesterol....mg	766		1		1		1670	104	34
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04591
Fish oil, menhaden

Refuse: 0%

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

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	7.958		4		1		17.348	1.082	0.358
15:0....g									
16:0....g	15.146		4		1		33.018	2.060	0.682
17:0....g									
18:0....g	3.775		4		1		8.230	0.513	0.170
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	26.694		0		1		58.193	3.630	1.201
14:1....g									
15:1....g									
16:1 undifferentiated....g	10.482		4		1		22.851	1.426	0.472
17:1....g									
18:1 undifferentiated....g	14.527		4		1		31.669	1.976	0.654
20:1....g	1.332		4		1		2.904	0.181	0.060
22:1 undifferentiated....g	0.352		4		1		0.767	0.048	0.016
24:1 c....g									
Fatty acids, total polyunsaturated....g	34.197		0		1		74.549	4.651	1.539
18:2 undifferentiated....g	2.154		4		1		4.696	0.293	0.097
18:3 undifferentiated....g	1.490		4		1		3.248	0.203	0.067
18:4....g	2.739		4		1		5.971	0.373	0.123
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	1.169		4		1		2.548	0.159	0.053
20:5 n-3 (EPA)....g	13.168		4		1		28.706	1.791	0.593
22:5 n-3 (DPA)....g	4.915	0.000	4		1		10.715	0.668	0.221
22:6 n-3 (DHA)....g	8.562		4		1		18.665	1.164	0.385
Fatty acids, total trans....g									
Cholesterol....mg	521		1		1		1136	71	23
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Refuse: 0%

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

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	9.057		1		1		18.567	1.132	0.408
15:0....g									
16:0....g	35.221		1		1		72.203	4.403	1.585
17:0....g									
18:0....g	21.133		1		1		43.323	2.642	0.951
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	500		1		1		1025	63	23
Phytosterols....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.5g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04593
Fish oil, salmon

Refuse: 0%

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

NDB No. 04593
Fish oil, salmon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	3.280		1		1		7.150	0.446	0.148
15:0....g									
16:0....g	9.840		1		1		21.451	1.338	0.443
17:0....g									
18:0....g	4.245		1		1		9.254	0.577	0.191
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	29.037		0		1		63.301	3.949	1.307
14:1....g									
15:1....g									
16:1 undifferentiated....g	4.823		1		1		10.514	0.656	0.217
17:1....g									
18:1 undifferentiated....g	16.978		1		1		37.012	2.309	0.764
20:1....g	3.859		1		1		8.413	0.525	0.174
22:1 undifferentiated....g	3.376		1		1		7.360	0.459	0.152
24:1 c....g									
Fatty acids, total polyunsaturated....g	40.324		0		1		87.906	5.484	1.815
18:2 undifferentiated....g	1.543		1		1		3.364	0.210	0.069
18:3 undifferentiated....g	1.061		1		1		2.313	0.144	0.048
18:4....g	2.798		1		1		6.100	0.381	0.126
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.675		1		1		1.472	0.092	0.030
20:5 n-3 (EPA)....g	13.023		1		1		28.390	1.771	0.586
22:5 n-3 (DPA)....g	2.991		1		1		6.520	0.407	0.135
22:6 n-3 (DHA)....g	18.232		1		1		39.746	2.480	0.820
Fatty acids, total trans....g									
Cholesterol....mg	485		1		1		1057	66	22
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04594
Fish oil, sardine

Refuse: 0%

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

NDB No. 04594
Fish oil, sardine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.103		2		1		0.225	0.014	0.005
13:0....g									
14:0....g	6.525		2		1		14.225	0.887	0.294
15:0....g									
16:0....g	16.646		2		1		36.288	2.264	0.749
17:0....g									
18:0....g	3.887		2		1		8.474	0.529	0.175
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	33.841		0		1		73.773	4.602	1.523
14:1....g									
15:1....g									
16:1 undifferentiated....g	7.514		2		1		16.381	1.022	0.338
17:1....g									
18:1 undifferentiated....g	14.752		2		1		32.159	2.006	0.664
20:1....g	5.986		2		1		13.049	0.814	0.269
22:1 undifferentiated....g	5.589		2		1		12.184	0.760	0.252
24:1 c....g									
Fatty acids, total polyunsaturated....g	31.867		0		1		69.470	4.334	1.434
18:2 undifferentiated....g	2.014		2		1		4.391	0.274	0.091
18:3 undifferentiated....g	1.327		2		1		2.893	0.180	0.060
18:4....g	3.025		2		1		6.595	0.411	0.136
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	1.756		2		1		3.828	0.239	0.079
20:5 n-3 (EPA)....g	10.137		2		1		22.099	1.379	0.456
22:5 n-3 (DPA)....g	1.973		2		1		4.301	0.268	0.089
22:6 n-3 (DHA)....g	10.656		2		1		23.230	1.449	0.480
Fatty acids, total trans....g									
Cholesterol....mg	710		1		1		1548	97	32
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04002
Lard

Refuse: 0%

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

NDB No. 04002
Lard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	39.200		0		1		80.360	5.018	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.100	0.014	18		1		0.205	0.013	
12:0....g	0.200	0.087	22		1		0.410	0.026	
13:0....g									
14:0....g	1.300	0.068	33		1		2.665	0.166	
15:0....g									
16:0....g	23.800	0.295	38		1		48.790	3.046	
17:0....g									
18:0....g	13.500	0.435	38		1		27.675	1.728	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	45.100		0		1		92.455	5.773	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.700	0.270	36		1		5.535	0.346	
17:1....g									
18:1 undifferentiated....g	41.200	0.532	38		1		84.460	5.274	
20:1....g	1.000	0.210	7		1		2.050	0.128	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.200		0		1		22.960	1.434	
18:2 undifferentiated....g	10.200	0.243	38		1		20.910	1.306	
18:3 undifferentiated....g	1.000	0.107	29		1		2.050	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95		0		1		195	12	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04002
Lard

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

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.66	0.207	6	A	1		6.95		
Energy....kcal	424		0	NC	4		59		
Energy....kJ	1776		0	NC	4		249		
Protein (N x 6.38)....g	0.20	0.043	6	A	1		0.03		
Total lipid (fat)....g	47.53	0.115	6	A	1		6.65		
Ash....g	1.75	0.086	6	A	1		0.24		
Carbohydrate, by difference....g	0.86		0	NC	4		0.12		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.217	6	A	1		0		
Iron, Fe....mg	0.21	0.077	5	A	1		0.03		
Magnesium, Mg....mg	1	0.019	6	A	1		0		
Phosphorus, P....mg	4	0.325	6	A	1		1		
Potassium, K....mg	36	1.292	6	A	1		5		
Sodium, Na....mg	646	32.791	6	A	1		90		
Zinc, Zn....mg	0.06	0.021	6	A	1		0.01		
Copper, Cu....mg	0.008	0.008	6	A	1		0.001		
Manganese, Mn....mg	0.000	0.000	5	A	1		0.000		
Selenium, Se....µg	0.0	0.000	3	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.000	0.000	3	A	1		0.000		
Riboflavin....mg	0.019	0.001	3	A	1		0.003		
Niacin....mg	0.000	0.000	3	A	1		0.000		
Pantothenic acid....mg	0.001		1	A	1		0.000		
Vitamin B-6....mg	0.001	0.001	3	A	1		0.000		
Folate, total....µg	2	0.061	3	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2	0.061	3	A	1		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	3.94	0.045	6	A	1		0.55		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	101.3	2.657	6	A	1		14.2		
Dihydrophylloquinone....µg	26.7	0.419	6	A	1		3.7		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.792		0	NC	4		1.231		
4:0....g	0.000		6	A	1		0.000		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		6	A	1		0.000		
8:0....g	0.000		6	A	1		0.000		
10:0....g	0.000		6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.038	0.001	6	A	1		0.005		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	4.862	0.026	6	A	1		0.681		
17:0....g	0.049	0.001	6	A	1		0.007		
18:0....g	3.425	0.027	6	A	1		0.479		
20:0....g	0.162	0.003	6	A	1		0.023		
22:0....g	0.185	0.003	6	A	1		0.026		
24:0....g	0.071	0.002	6	A	1		0.010		
Fatty acids, total monounsaturated....g	16.416		0	NC	4		2.298		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.034		0	AS	1		0.005		
16:1 c....g	0.034	0.001	6	A	1		0.005		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	16.316		0	AS	1		2.284		
18:1 c....g	11.894	0.434	6	A	1		1.665		
18:1-11c (18:1c n-7)....g									
18:1 t....g	4.422	0.442	6	A	1		0.619		
18:1-11t (18:1t n-7)....g									
20:1....g	0.066	0.003	6	A	1		0.009		
22:1 undifferentiated....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	20.235		0	NC	4		2.833		
18:2 undifferentiated....g	17.886		0	AS	1		2.504		
18:2 n-6 c,c....g	17.355	0.938	6	A	1		2.430		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.532	0.319	6	A	1		0.074		
18:2 t not further defined....g									
18:3 undifferentiated....g	2.121		0	AS	1		0.297		
18:3 n-3 c,c,c (ALA)....g	2.121	0.255	6	A	1		0.297		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		6	A	1		0.000		
20:2 n-6 c,c....g	0.228	0.026	6	A	1		0.032		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		6	A	1		0.000		
Fatty acids, total trans....g	4.422		0	NC	4		0.619		
Fatty acids, total trans-monoenoic....g	4.422		0	NC	4		0.619		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	1	0.070	3	A	1		0		
Phytosterols....mg									
Stigmasterol....mg	20	0.521	6	A	1		3		
Campesterol....mg	22	0.664	6	A	1		3		
Beta-sitosterol....mg	62	1.070	6	A	1		9		

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

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04628

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.52	0.265	10	A	1		2.31		
Energy....kcal	717		0	NC	4		100		
Energy....kJ	2999		0	NC	4		420		
Protein....g	0.16	0.015	10	A	1		0.02		
Total lipid (fat)....g	80.71	0.222	10	A	1		11.30		
Ash....g	1.92	0.083	10	A	1		0.27		
Carbohydrate, by difference....g	0.70		0	NC	4		0.10		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.166	8	A	1		0		
Iron, Fe....mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg....mg	1	0.030	8	A	1		0		
Phosphorus, P....mg	5	0.202	8	A	1		1		
Potassium, K....mg	18	0.862	6	A	1		2		
Sodium, Na....mg	654	19.966	8	A	1		92		
Zinc, Zn....mg	0.11	0.021	8	A	1		0.01		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.012		1	A	1		0.002		
Riboflavin....mg	0.000	0.000	4	A	1		0.000		
Niacin....mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid....mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....µg	1		2	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		2	A	1		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	5.23		1	A	1		0.73		
Tocopherol, beta....mg	0.36		1	A	1		0.05		
Tocopherol, gamma....mg	43.79		1	A	1		6.13		
Tocopherol, delta....mg	15.28		1	A	1		2.14		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	75.0	9.109	16	A	1		10.5		
Dihydrophylloquinone....µg	103.8	8.665	16	A	1		14.5		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.189		0	NC	4		2.126		

NDB No. 04628

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

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

NDB No. 04628

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	75		1	A	1		11		
Beta-sitosterol.....mg	275		1	A	1		38		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Footnotes:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04684

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

Refuse: 0%

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

NDB No. 04684

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

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

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

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04665

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

Refuse: 0%

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

NDB No. 04665

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	20.442		0	NC	4		2.862		
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	0.052		1	A	1		0.007		
13:0....g									
14:0....g	0.121		1	A	1		0.017		
15:0....g	0.038		1	A	1		0.005		
16:0....g	9.604		1	A	1		1.344		
17:0....g	0.107		1	A	1		0.015		
18:0....g	9.959		1	A	1		1.394		
20:0....g	0.284		1	A	1		0.040		
22:0....g	0.277		1	A	1		0.039		
24:0....g									
Fatty acids, total monounsaturated....g	46.692		0	NC	4		6.537		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.061		0	AS	1		0.009		
16:1 c....g	0.061		1	A	1		0.009		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	46.631		0	AS	1		6.528		
18:1 c....g	25.077		1	A	1		3.511		
18:1-11c (18:1c n-7)....g									
18:1 t....g	21.554		1	A	1		3.018		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.265		0	NC	4		1.297		
18:2 undifferentiated....g	8.478		0	AS	1		1.187		
18:2 n-6 c,c....g	5.759		1	A	1		0.806		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.719		1	A	1		0.381		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.786		0	AS	1		0.110		
18:3 n-3 c,c,c (ALA)....g	0.313		1	A	1		0.044		
18:3 n-6 c,c,c....g									
18:3i....g	0.473		1	A	1		0.066		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	24.747		0	NC	4		3.465		
Fatty acids, total trans-monoenoic....g	21.554		0	NC	4		3.018		
Fatty acids, total trans-polyenoic....g	3.193		0	NC	4		0.447		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		

NDB No. 04665

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04668

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

Refuse: 0%

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

NDB No. 04668

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	16.321		0	NC	4		2.285	37.048	0.767
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.179		1	A	1		0.025	0.407	0.008
13:0....g									
14:0....g	0.106		1	A	1		0.015	0.240	0.005
15:0....g	0.038		1	A	1		0.005	0.086	0.002
16:0....g	8.912		1	A	1		1.248	20.231	0.419
17:0....g	0.091		1	A	1		0.013	0.207	0.004
18:0....g	6.465		1	A	1		0.905	14.676	0.304
20:0....g	0.260		1	A	1		0.036	0.591	0.012
22:0....g	0.269		1	A	1		0.038	0.610	0.013
24:0....g									
Fatty acids, total monounsaturated....g	37.460		0	NC	4		5.244	85.035	1.761
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0	AS	1		0.007	0.120	0.002
16:1 c....g	0.053		1	A	1		0.007	0.120	0.002
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	37.323		0	AS	1		5.225	84.723	1.754
18:1 c....g	18.353		1	A	1		2.569	41.661	0.863
18:1-11c (18:1c n-7)....g									
18:1 t....g	18.970		1	A	1		2.656	43.062	0.892
18:1-11t (18:1t n-7)....g									
20:1....g	0.084		1	A	1		0.012	0.192	0.004
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	22.422		0	NC	4		3.139	50.898	1.054
18:2 undifferentiated....g	19.665		0	AS	1		2.753	44.640	0.924
18:2 n-6 c,c....g	18.400		1	A	1		2.576	41.769	0.865
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	1.265		1	A	1		0.177	2.871	0.059
18:2 t not further defined....g									
18:3 undifferentiated....g	2.757		0	AS	1		0.386	6.258	0.130
18:3 n-3 c,c,c (ALA)....g	2.414		1	A	1		0.338	5.480	0.113
18:3 n-6 c,c,c....g									
18:3i....g	0.343		1	A	1		0.048	0.778	0.016
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	20.578		0	NC	4		2.881	46.711	0.967
Fatty acids, total trans-monoenoic....g	18.970		0	NC	4		2.656	43.062	0.892
Fatty acids, total trans-polyenoic....g	1.608		0	NC	4		0.225	3.649	0.076
Cholesterol....mg	0		0	LC	8		0	0	0
Phytosterols....mg									

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

NDB No. 04668

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

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

food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04683

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

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

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

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04629

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

Refuse: 0%

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

NDB No. 04629

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.006	0.003	14	A	1		0.001		
8:0 g	0.013	0.007	14	A	1		0.002		
10:0 g	0.043	0.019	12	A	1		0.006		
12:0 g	0.011	0.005	12	A	1		0.001		
13:0 g									
14:0 g	0.072	0.014	14	A	1		0.010		
15:0 g	0.017	0.001	14	A	1		0.002		
16:0 g	7.311	0.047	14	A	1		1.024		
17:0 g	0.064	0.002	14	A	1		0.009		
18:0 g	5.615	0.089	14	A	1		0.786		
20:0 g	0.229	0.003	14	A	1		0.032		
22:0 g	0.163	0.029	14	A	1		0.023		
24:0 g	0.075	0.002	14	A	1		0.011		
Fatty acids, total monounsaturated g	33.468		0	NC	4		4.685		
14:1 g	0.000	0.000	13	A	1		0.000		
15:1 g	0.000	0.000	14	A	1		0.000		
16:1 undifferentiated g	0.043		0	AS	1		0.006		
16:1 c g	0.043	0.002	14	A	1		0.006		
16:1 t g	0.000	0.000	14	A	1		0.000		
17:1 g	0.023	0.001	14	A	1		0.003		
18:1 undifferentiated g	33.233		0	AS	1		4.653		
18:1 c g	19.226	0.937	14	A	1		2.692		
18:1-11c (18:1c n-7) g									
18:1 t g	14.007	0.481	14	A	1		1.961		
18:1-11t (18:1t n-7) g									
20:1 g	0.169	0.020	14	A	1		0.024		
22:1 undifferentiated g									
22:1 c g	0.000	0.000	14	A	1		0.000		
22:1 t g	0.000	0.000	12	A	1		0.000		
24:1 c g	0.000	0.000	14	A	1		0.000		
Fatty acids, total polyunsaturated g	20.248		0	NC	4		2.835		
18:2 undifferentiated g	18.106		0	AS	1		2.535		
18:2 n-6 c,c g	17.280	0.787	14	A	1		2.419		
18:2 CLAs g	0.047	0.005	14	A	1		0.007		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.778	0.118	14	A	1		0.109		
18:3 undifferentiated g	2.133		0	AS	1		0.299		
18:3 n-3 c,c,c (ALA) g	2.073	0.120	14	A	1		0.290		
18:3 n-6 c,c,c g	0.060	0.017	14	A	1		0.008		
18:3i g									
18:4 g	0.000	0.000	14	A	1		0.000		
20:2 n-6 c,c g	0.004	0.002	14	A	1		0.001		
20:3 undifferentiated g	0.003		0	AS	1		0.000		
20:3 n-3 g	0.000	0.000	14	A	1		0.000		
20:3 n-6 g	0.003	0.001	14	A	1		0.000		
20:4 undifferentiated g	0.000	0.000	14	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	14	A	1		0.000		
21:5 g									
22:4 g	0.000	0.000	14	A	1		0.000		
22:5 n-3 (DPA) g	0.002	0.001	14	A	1		0.000		
22:6 n-3 (DHA) g	0.000	0.000	14	A	1		0.000		
Fatty acids, total trans g	14.786		0	NC	4		2.070		
Fatty acids, total trans-monoenoic g	14.007		0	NC	4		1.961		
Fatty acids, total trans-polyenoic g	0.778		0	NC	4		0.109		
Cholesterol mg	0	0.000	6	A	1		0		
Phytosterols mg									
Stigmasterol mg	25	0.757	6	A	1		3		
Campesterol mg	31	0.304	6	A	1		4		
Beta-sitosterol mg	81	2.067	6	A	1		11		

NDB No. 04629

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

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

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

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.52	0.265	10	A	1		2.31	37.49	0.78
Energy	kcal	717		0	NC	4		100	1627	34
Energy	kJ	2999		0	NC	4		420	6808	141
Protein	g	0.16	0.015	10	A	1		0.02	0.36	0.01
Total lipid (fat)	g	80.71	0.222	10	A	1		11.30	183.21	3.79
Ash	g	1.92	0.083	10	A	1		0.27	4.35	0.09
Carbohydrate, by difference	g	0.70		0	NC	4		0.10	1.58	0.03
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.166	8	A	1		0	7	0
Iron, Fe	mg	0.06		0	BFZN	4		0.01	0.14	0.00
Magnesium, Mg	mg	3		0	BFZN	4		0	7	0
Phosphorus, P	mg	5	0.202	8	A	1		1	12	0
Potassium, K	mg	18	0.862	6	A	1		2	40	1
Sodium, Na	mg	751		0	O	4		105	1705	35
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.0	0.5	0.0
Thiamin	mg	0.010		0	BFZN	4		0.001	0.023	0.000
Riboflavin	mg	0.037		0	BFZN	4		0.005	0.084	0.002
Niacin	mg	0.023		0	BFZN	4		0.003	0.052	0.001
Pantothenic acid	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Vitamin B-6	mg	0.009		0	BFZN	4		0.001	0.020	0.000
Folate, total	µg	1		0	BFZN	4		0	2	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	1		0	BFZN	4		0	2	0
Folate, DFE	mcg_DFE	1		0	NC	4		0	2	0
Choline, total	mg	12.4		0	CAZN	4		1.7	28.2	0.6
Betaine	mg									
Vitamin B-12	µg	0.10		0	BFZN	4		0.01	0.23	0.00
Vitamin B-12, added	µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	NC	4		115	1859	38
Retinol	µg	768		0	CAZN	4		108	1743	36
Carotene, beta	µg	610		0	CAZN	4		85	1385	29
Carotene, alpha	µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	CAZN	4		0	0	0
Vitamin A, IU	IU	3571		1	ML	5		500	8106	168
Lycopene	µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.00		0		4		1.26	20.43	0.42
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	93.0		1	CAZN	4		13.0	211.1	4.4
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04610

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.189		0	NC	4		2.126	34.479	0.714
4:0....g	0.000	0.000	9	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	9	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	10	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.046	0.002	10	A	1		0.006	0.105	0.002
15:0....g	0.015	0.001	10	A	1		0.002	0.035	0.001
16:0....g	8.431	0.087	10	A	1		1.180	19.138	0.396
17:0....g	0.068	0.002	10	A	1		0.010	0.155	0.003
18:0....g	6.173	0.190	10	A	1		0.864	14.012	0.290
20:0....g	0.261	0.006	10	A	1		0.037	0.593	0.012
22:0....g	0.109	0.036	9	A	1		0.015	0.247	0.005
24:0....g	0.085	0.004	10	A	1		0.012	0.193	0.004
Fatty acids, total monounsaturated....g	38.877		0	NC	4		5.443	88.251	1.827
14:1....g	0.000	0.000	10	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.045	0.002	10	AS	1		0.006	0.102	0.002
16:1 c....g									
16:1 t....g									
17:1....g	0.023	0.002	10	A	1		0.003	0.052	0.001
18:1 undifferentiated....g	38.675	0.915	10	AS	1		5.415	87.792	1.818
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g									
18:1-11t (18:1t n-7)....g									
20:1....g	0.133	0.008	10	A	1		0.019	0.302	0.006
22:1 undifferentiated....g	0.000	0.000	10	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	10	A	1		0.000	0.003	0.000
Fatty acids, total polyunsaturated....g	24.302		0	NC	4		3.402	55.166	1.142
18:2 undifferentiated....g	22.252	0.842	10	AS	1		3.115	50.512	1.046
18:2 n-6 c,c....g									
18:2 CLAs....g	0.027	0.003	10	A	1		0.004	0.060	0.001
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.703	0.096	10	A	1		0.098	1.597	0.033
18:3 undifferentiated....g	2.040	0.330	10	AS	1		0.286	4.631	0.096
18:3 n-3 c,c,c (ALA)....g	1.957	0.313	10	A	1		0.274	4.443	0.092
18:3 n-6 c,c,c....g	0.083	0.018	10	A	1		0.012	0.188	0.004
18:3i....g									
18:4....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.001	10	A	1		0.001	0.009	0.000
20:3 undifferentiated....g	0.001	0.001	10	AS	1		0.000	0.002	0.000
20:3 n-3....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.001	10	A	1		0.000	0.002	0.000
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.006	0.003	9	A	1		0.001	0.014	0.000
22:6 n-3 (DHA)....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	14.890		0	NC	4		2.085	33.800	0.700
Fatty acids, total trans-monoenoic....g	14.187		0	NC	4		1.986	32.203	0.667
Fatty acids, total trans-polyenoic....g	0.703		0	NC	4		0.098	1.597	0.033
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Stigmasterol....mg	35		1	A	1		5	80	2

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	75		1	A	1		11	171	4
Beta-sitosterol.....mg	275		1	A	1		38	623	13
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04691

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.52	0.265	10	A	1		2.31	37.49	0.66
Energy....kcal	717		0	NR	4		100	1627	29
Energy....kJ	2999		0	NR	4		420	6808	120
Protein (N x 6.38)....g	0.16	0.015	10	A	1		0.02	0.36	0.01
Total lipid (fat)....g	80.71	0.222	10	A	1		11.30	183.21	3.23
Ash....g	1.92	0.083	10	A	1		0.27	4.35	0.08
Carbohydrate, by difference....g	0.70		0	BFZN	4		0.10	1.58	0.03
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BFZN	4		0	7	0
Iron, Fe....mg	0.06		0	BFZN	4		0.01	0.14	0.00
Magnesium, Mg....mg	3		0	BFZN	4		0	7	0
Phosphorus, P....mg	5		0	BFZN	4		1	12	0
Potassium, K....mg	18		0	BFZN	4		2	40	1
Sodium, Na....mg	751		0	O	4		105	1705	30
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	BFZN	4		0.0	0.5	0.0
Thiamin....mg	0.010		0	BFZN	4		0.001	0.023	0.000
Riboflavin....mg	0.037		0	BFZN	4		0.005	0.084	0.001
Niacin....mg	0.023		0	BFZN	4		0.003	0.052	0.001
Pantothenic acid....mg									
Vitamin B-6....mg	0.009		0	BFZN	4		0.001	0.020	0.000
Folate, total....µg	1		0	BFZN	4		0	2	0
Folic acid....µg	0		0	BFZN	4		0	0	0
Folate, food....µg	1		0	BFZN	4		0	2	0
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	0
Choline, total....mg	12.4		0	BFZN	4		1.7	28.2	0.5
Betaine....mg									
Vitamin B-12....µg	0.10		0	BFZN	4		0.01	0.23	0.00
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		115	1859	33
Retinol....µg	768		0	BFZN	4		108	1743	31
Carotene, beta....µg	610		0	BFZN	4		85	1385	24
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	3577		0	NC	4		501	8119	143
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	9.00		0	BFZN	4		1.26	20.43	0.36
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.36		1	A	1		0.05	0.82	0.01
Tocopherol, gamma....mg	43.79		1	A	1		6.13	99.40	1.75
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	10.7		1	LC	8		1.5	24.3	0.4
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	429		1	LC	8		60	973	17
Vitamin K (phylloquinone)....µg	93.0		0	BFZN	4		13.0	211.1	3.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04691

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.189		0	NC	4		2.126	34.479	0.608
4:0....g	0.000	0.000	9	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	9	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	10	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.046	0.002	10	A	1		0.006	0.105	0.002
15:0....g	0.016	0.001	10	A	1		0.002	0.035	0.001
16:0....g	8.437	0.087	10	A	1		1.181	19.151	0.337
17:0....g	0.068	0.002	10	A	1		0.010	0.155	0.003
18:0....g	6.177	0.190	10	A	1		0.865	14.022	0.247
20:0....g	0.261	0.006	10	A	1		0.037	0.593	0.010
22:0....g	0.109	0.036	9	A	1		0.015	0.248	0.004
24:0....g	0.085	0.004	10	A	1		0.012	0.193	0.003
Fatty acids, total monounsaturated....g	38.877		0	NC	4		5.443	88.251	1.555
14:1....g	0.000	0.000	10	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.045	0.002	10	AS	1		0.006	0.102	0.002
16:1 c....g	0.045	0.002	10	A	1		0.006	0.102	0.002
16:1 t....g	0.000	0.000	10	A	1		0.000	0.000	0.000
17:1....g	0.023	0.002	10	A	1		0.003	0.052	0.001
18:1 undifferentiated....g	38.675	0.915	10	AS	1		5.415	87.792	1.547
18:1 c....g	24.488	1.033	10	A	1		3.428	55.589	0.980
18:1-11c (18:1c n-7)....g									
18:1 t....g	14.187	0.901	10	A	1		1.986	32.203	0.567
18:1-11t (18:1t n-7)....g									
20:1....g	0.133	0.008	10	A	1		0.019	0.302	0.005
22:1 undifferentiated....g	0.000	0.000	10	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	10	A	1		0.000	0.003	0.000
Fatty acids, total polyunsaturated....g	24.302		0	NC	4		3.402	55.166	0.972
18:2 undifferentiated....g	22.252	0.842	10	AS	1		3.115	50.512	0.890
18:2 n-6 c,c....g	21.522	0.919	10	A	1		3.013	48.855	0.861
18:2 CLAs....g	0.027	0.003	10	A	1		0.004	0.060	0.001
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.703	0.096	10	A	1		0.098	1.597	0.028
18:3 undifferentiated....g	2.040	0.330	10	AS	1		0.286	4.631	0.082
18:3 n-3 c,c,c (ALA)....g	1.957	0.313	10	A	1		0.274	4.443	0.078
18:3 n-6 c,c,c....g	0.083	0.018	10	A	1		0.012	0.188	0.003
18:3i....g									
18:4....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.001	10	A	1		0.001	0.009	0.000
20:3 undifferentiated....g	0.001	0.001	10	AS	1		0.000	0.002	0.000
20:3 n-3....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.001	10	A	1		0.000	0.002	0.000
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.006	0.003	9	A	1		0.001	0.014	0.000
22:6 n-3 (DHA)....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	14.890		0	NC	4		2.085	33.800	0.596
Fatty acids, total trans-monoenoic....g	14.187		0	NC	4		1.986	32.203	0.567
Fatty acids, total trans-polyenoic....g	0.703		0	NC	4		0.098	1.597	0.028
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	410		0	AS	1		57	931	16
Stigmasterol....mg	35		1	A	1		5	80	1

NDB No. 04691

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	75		1	A	1		11	171	3
Beta-sitosterol.....mg	275		1	A	1		38	623	11
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 227g: 1 cup

Measure 3 = 4.0g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04617

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.189		0	BFZN	4		2.157	34.479	0.759
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.046		0	BFZN	4		0.007	0.105	0.002
15:0....g									
16:0....g	8.431		0	BFZN	4		1.197	19.138	0.422
17:0....g									
18:0....g	6.173		0	BFZN	4		0.877	14.012	0.309
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	38.877		0	BFZN	4		5.521	88.251	1.944
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0	BFZN	4		0.006	0.102	0.002
16:1 c....g	0.045		0	BFZN	4		0.006	0.102	0.002
16:1 t....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	38.675		0	BFZN	4		5.492	87.792	1.934
18:1 c....g	24.488		0	BFZN	4		3.477	55.589	1.224
18:1-11c (18:1c n-7)....g									
18:1 t....g	14.187		0	BFZN	4		2.014	32.203	0.709
18:1-11t (18:1t n-7)....g									
20:1....g	0.133		0	BFZN	4		0.019	0.302	0.007
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	24.302		0	BFZN	4		3.451	55.166	1.215
18:2 undifferentiated....g	22.252		0	BFZN	4		3.160	50.512	1.113
18:2 n-6 c,c....g	21.522		0	BFZN	4		3.056	48.855	1.076
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	2.040		0	BFZN	4		0.290	4.631	0.102
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.006		0	BFZN	4		0.001	0.014	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	14.890		0	BFZN	4		2.114	33.800	0.744
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 14.2g: 1 tbsp

Measure 2 = 227g: 1 cup

NDB No. 04617

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

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

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04696

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

Refuse: 0%

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

NDB No. 04696

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.189		0	BFZN	4		2.126	34.782	0.729
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.046		0	BFZN	4		0.006	0.106	0.002
15:0....g									
16:0....g	8.431		0	BFZN	4		1.180	19.307	0.405
17:0....g									
18:0....g	6.173		0	BFZN	4		0.864	14.135	0.296
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	38.877		0	BFZN	4		5.443	89.029	1.866
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0	BFZN	4		0.006	0.103	0.002
16:1 c....g	0.045		0	BFZN	4		0.006	0.103	0.002
16:1 t....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	38.675		0	BFZN	4		5.415	88.566	1.856
18:1 c....g	24.488		0	BFZN	4		3.428	56.079	1.175
18:1-11c (18:1c n-7)....g									
18:1 t....g	14.187		0	BFZN	4		1.986	32.487	0.681
18:1-11t (18:1t n-7)....g									
20:1....g	0.133		0	BFZN	4		0.019	0.305	0.006
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	24.302		0	BFZN	4		3.402	55.653	1.167
18:2 undifferentiated....g	22.252		0	BFZN	4		3.115	50.957	1.068
18:2 n-6 c,c....g	21.522		0	BFZN	4		3.013	49.285	1.033
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	2.040		0	BFZN	4		0.286	4.672	0.098
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.006		0	BFZN	4		0.001	0.014	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 229g: 1 cup

NDB No. 04696

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

Measure 3 = 4.8g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.07	0.283	10	A	1		2.42	38.75	
Energy	kcal	713		0	NC	4		101	1618	
Energy	kJ	2981		0	NC	4		423	6768	
Protein (N x 6.25)	g	0.22	0.033	10	A	1		0.03	0.50	
Total lipid (fat)	g	80.17	0.253	10	A	1		11.38	181.99	
Ash	g	1.78	0.083	10	A	1		0.25	4.05	
Carbohydrate, by difference	g	0.75		0	NC	4		0.11	1.71	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2	A	1		0	6	
Iron, Fe	mg	0.00		2	A	1		0.00	0.00	
Magnesium, Mg	mg	1		2	A	1		0	2	
Phosphorus, P	mg	5		2	A	1		1	12	
Potassium, K	mg	17		2	A	1		2	38	
Sodium, Na	mg	657		2	A	1		93	1491	
Zinc, Zn	mg	0.00		2	A	1		0.00	0.00	
Copper, Cu	mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn	mg	0.000		2	A	1		0.000	0.000	
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin	mg	0.000		1	A	1		0.000	0.000	
Riboflavin	mg	0.000		2	A	1		0.000	0.000	
Niacin	mg	0.000		2	A	1		0.000	0.000	
Pantothenic acid	mg	0.085		2	A	1		0.012	0.193	
Vitamin B-6	mg	0.000		2	A	1		0.000	0.000	
Folate, total	µg	1		0	BFZN	4		0	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0	BFZN	4		0	2	
Folate, DFE	mcg_DFE	1		0	NC	4		0	2	
Choline, total	mg	12.4		3	AS	1		1.8	28.2	
Betaine	mg									
Vitamin B-12	µg	0.08		0	BFZN	4		0.01	0.18	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		116	1859	
Retinol	µg	768		0	CAZN	4		109	1743	
Carotene, beta	µg	610		0	CAZN	4		87	1385	
Carotene, alpha	µg	0		0	CAZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	CAZN	4		0	0	
Vitamin A, IU	IU	3571		1	ML	5		507	8106	
Lycopene	µg	0		0	CAZN	4		0	0	
Lutein + zeaxanthin	µg	0		0	CAZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	15.43	0.415	3	A	1		2.19	35.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.16	0.015	3	A	1		0.02	0.36	
Tocopherol, gamma	mg	26.98	2.397	3	A	1		3.83	61.25	
Tocopherol, delta	mg	6.65	0.515	3	A	1		0.95	15.11	
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	91.7		2	A	1		13.0	208.0	
Dihydrophylloquinone	µg	53.6		2	A	1		7.6	121.7	
Menaquinone-4	µg	0.0		2	A	1		0.0	0.0	

Lipids:

NDB No. 04611

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.224		0	NC	4		2.020	32.288	
4:0....g	0.000	0.000	10	A	1		0.000	0.000	
6:0....g	0.000	0.000	10	A	1		0.000	0.000	
8:0....g	0.015	0.005	10	A	1		0.002	0.033	
10:0....g	0.023	0.004	10	A	1		0.003	0.052	
12:0....g	0.433	0.040	10	A	1		0.062	0.983	
13:0....g									
14:0....g	0.240	0.014	10	A	1		0.034	0.546	
15:0....g	0.020	0.002	10	A	1		0.003	0.046	
16:0....g	7.075	0.053	10	A	1		1.005	16.060	
17:0....g	0.062	0.001	10	A	1		0.009	0.140	
18:0....g	5.808	0.140	10	A	1		0.825	13.185	
20:0....g	0.356	0.005	10	A	1		0.051	0.808	
22:0....g	0.105	0.035	10	A	1		0.015	0.239	
24:0....g	0.087	0.002	10	A	1		0.012	0.197	
Fatty acids, total monounsaturated....g	36.435		0	NC	4		5.174	82.706	
14:1....g	0.000	0.000	10	A	1		0.000	0.000	
15:1....g	0.000	0.000	10	A	1		0.000	0.000	
16:1 undifferentiated....g	0.088	0.001	10	AS	1		0.012	0.200	
16:1 c....g	0.088	0.001	10	A	1		0.012	0.200	
16:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
17:1....g	0.038	0.000	10	A	1		0.005	0.085	
18:1 undifferentiated....g	35.541	0.742	10	AS	1		5.047	80.678	
18:1 c....g	30.293	0.247	10	A	1		4.302	68.765	
18:1-11c (18:1c n-7)....g									
18:1 t....g	5.248	0.559	10	A	1		0.745	11.913	
18:1-11t (18:1t n-7)....g									
20:1....g	0.682	0.042	10	A	1		0.097	1.547	
22:1 undifferentiated....g	0.026	0.008	10	AS	1		0.004	0.059	
22:1 c....g	0.026	0.008	10	A	1		0.004	0.059	
22:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g	0.061	0.001	10	A	1		0.009	0.138	
Fatty acids, total polyunsaturated....g	26.741		0	NC	4		3.797	60.701	
18:2 undifferentiated....g	21.656	0.880	10	AS	1		3.075	49.160	
18:2 n-6 c,c....g	21.038	1.064	10	A	1		2.987	47.756	
18:2 CLAs....g	0.040	0.003	10	A	1		0.006	0.090	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.579	0.190	10	A	1		0.082	1.314	
18:3 undifferentiated....g	5.031	0.236	10	AS	1		0.714	11.421	
18:3 n-3 c,c,c (ALA)....g	4.677	0.274	10	A	1		0.664	10.617	
18:3 n-6 c,c,c....g	0.354	0.039	10	A	1		0.050	0.804	
18:3i....g									
18:4....g	0.000	0.000	10	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.024	0.003	10	A	1		0.003	0.055	
20:3 undifferentiated....g	0.021	0.002	10	AS	1		0.003	0.047	
20:3 n-3....g	0.000	0.000	10	A	1		0.000	0.000	
20:3 n-6....g	0.021	0.002	10	A	1		0.003	0.047	
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	10	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	10	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.005	0.002	10	A	1		0.001	0.012	
22:6 n-3 (DHA)....g	0.003	0.001	10	A	1		0.000	0.006	
Fatty acids, total trans....g	5.827		0	NC	4		0.827	13.227	
Fatty acids, total trans-monoenoic....g	5.248		0	NC	4		0.745	11.913	
Fatty acids, total trans-polyenoic....g	0.579		0	NC	4		0.082	1.314	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg	210		0	AS	1		30	477	
Stigmasterol....mg	37		1	A	1		5	84	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	48		1	A	1		7	109	
Beta-sitosterol.....mg	112		1	A	1		16	254	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 14.2g: 1 tbsp

Measure 2 = 227g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04692

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.07	0.283	10	A	1		2.39		
Energy....kcal	713		0	NC	4		100		
Energy....kJ	2981		0	NC	4		417		
Protein (N x 6.38)....g	0.22	0.033	10	A	1		0.03		
Total lipid (fat)....g	80.17	0.253	10	A	1		11.22		
Ash....g	1.78	0.083	10	A	1		0.25		
Carbohydrate, by difference....g	0.75		0	BFZN	4		0.11		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.00		0	BFZN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2	A	1		0		
Iron, Fe....mg	0.00		2	A	1		0.00		
Magnesium, Mg....mg	1		2	A	1		0		
Phosphorus, P....mg	5		2	A	1		1		
Potassium, K....mg	17		2	A	1		2		
Sodium, Na....mg	657		2	A	1		92		
Zinc, Zn....mg	0.00		2	A	1		0.00		
Copper, Cu....mg	0.000		2	A	1		0.000		
Manganese, Mn....mg	0.000		2	A	1		0.000		
Selenium, Se....µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0		
Thiamin....mg	0.000		1	A	1		0.000		
Riboflavin....mg	0.000		2	A	1		0.000		
Niacin....mg	0.000		2	A	1		0.000		
Pantothenic acid....mg	0.085		2	A	1		0.012		
Vitamin B-6....mg	0.000		2	A	1		0.000		
Folate, total....µg	1		0	BFZN	4		0		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	1		0	BFZN	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg	12.4		0	BFZN	4		1.7		
Betaine....mg									
Vitamin B-12....µg	0.08		0	BFZN	4		0.01		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		115		
Retinol....µg	768		0	BFZN	4		108		
Carotene, beta....µg	610		0	BFZN	4		85		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	3577		0	NC	4		501		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	15.43	0.415	3	A	1		2.16		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg	0.16	0.015	3	A	1		0.02		
Tocopherol, gamma....mg	26.98	2.397	3	A	1		3.78		
Tocopherol, delta....mg	6.65	0.515	3	A	1		0.93		
Vitamin D (D2 + D3)....µg	10.7		1	LC	8		1.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	429		1	LC	8		60		
Vitamin K (phylloquinone)....µg	91.7		2	A	1		12.8		
Dihydrophylloquinone....µg	53.6		2	A	1		7.5		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									

NDB No. 04692

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.224		0	NC	4		1.991		
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	0.015	0.005	10	A	1		0.002		
10:0....g	0.023	0.004	10	A	1		0.003		
12:0....g	0.433	0.040	10	A	1		0.061		
13:0....g									
14:0....g	0.240	0.014	10	A	1		0.034		
15:0....g	0.020	0.002	10	A	1		0.003		
16:0....g	7.075	0.053	10	A	1		0.990		
17:0....g	0.062	0.001	10	A	1		0.009		
18:0....g	5.808	0.140	10	A	1		0.813		
20:0....g	0.356	0.005	10	A	1		0.050		
22:0....g	0.105	0.035	10	A	1		0.015		
24:0....g	0.087	0.002	10	A	1		0.012		
Fatty acids, total monounsaturated....g	36.435		0	NC	4		5.101		
14:1....g	0.000	0.000	10	A	1		0.000		
15:1....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated....g	0.088	0.001	10	AS	1		0.012		
16:1 c....g	0.088	0.001	10	A	1		0.012		
16:1 t....g	0.000	0.000	9	A	1		0.000		
17:1....g	0.038	0.000	10	A	1		0.005		
18:1 undifferentiated....g	35.541	0.742	10	AS	1		4.976		
18:1 c....g	30.293	0.247	10	A	1		4.241		
18:1-11c (18:1c n-7)....g									
18:1 t....g	5.248	0.559	10	A	1		0.735		
18:1-11t (18:1t n-7)....g									
20:1....g	0.682	0.042	10	A	1		0.095		
22:1 undifferentiated....g	0.026	0.008	10	AS	1		0.004		
22:1 c....g	0.026	0.008	10	A	1		0.004		
22:1 t....g	0.000	0.000	9	A	1		0.000		
24:1 c....g	0.061	0.001	10	A	1		0.009		
Fatty acids, total polyunsaturated....g	26.741		0	NC	4		3.744		
18:2 undifferentiated....g	21.656	0.880	10	AS	1		3.032		
18:2 n-6 c,c....g	21.038	1.064	10	A	1		2.945		
18:2 CLAs....g	0.040	0.003	10	A	1		0.006		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.579	0.190	10	A	1		0.081		
18:3 undifferentiated....g	5.031	0.236	10	AS	1		0.704		
18:3 n-3 c,c,c (ALA)....g	4.677	0.274	10	A	1		0.655		
18:3 n-6 c,c,c....g	0.354	0.039	10	A	1		0.050		
18:3i....g									
18:4....g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c....g	0.024	0.003	10	A	1		0.003		
20:3 undifferentiated....g	0.021	0.002	10	AS	1		0.003		
20:3 n-3....g	0.000	0.000	10	A	1		0.000		
20:3 n-6....g	0.021	0.002	10	A	1		0.003		
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	10	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA)....g	0.005	0.002	10	A	1		0.001		
22:6 n-3 (DHA)....g	0.003	0.001	10	A	1		0.000		
Fatty acids, total trans....g	5.827		0	NC	4		0.816		
Fatty acids, total trans-monoenoic....g	5.248		0	NC	4		0.735		
Fatty acids, total trans-polyenoic....g	0.579		0	NC	4		0.081		
Cholesterol....mg	0		0	BFZN	4		0		
Phytosterols....mg	210		0	AS	1		29		
Stigmasterol....mg	37		1	A	1		5		

NDB No. 04692

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	48		1	A	1		7		
Beta-sitosterol.....mg	112		1	A	1		16		
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04618

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.224		0	BFZN	4		2.020	32.288	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.015		0	BFZN	4		0.002	0.033	
10:0....g	0.023		0	BFZN	4		0.003	0.052	
12:0....g	0.433		0	BFZN	4		0.062	0.983	
13:0....g									
14:0....g	0.240		0	BFZN	4		0.034	0.546	
15:0....g									
16:0....g	7.075		0	BFZN	4		1.005	16.060	
17:0....g									
18:0....g	5.808		0	BFZN	4		0.825	13.185	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	36.435		0	BFZN	4		5.174	82.706	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.088		0	BFZN	4		0.012	0.200	
17:1....g									
18:1 undifferentiated....g	35.541		0	BFZN	4		5.047	80.678	
20:1....g	0.682		0	BFZN	4		0.097	1.547	
22:1 undifferentiated....g	0.026		0	BFZN	4		0.004	0.059	
24:1 c....g									
Fatty acids, total polyunsaturated....g	26.741		0	BFZN	4		3.797	60.701	
18:2 undifferentiated....g	21.656		0	BFZN	4		3.075	49.160	
18:3 undifferentiated....g	5.031		0	BFZN	4		0.714	11.421	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.005		0	BFZN	4		0.001	0.012	
22:6 n-3 (DHA)....g	0.003		0	BFZN	4		0.000	0.006	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 14.2g: 1 tbsp

Measure 2 = 227g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	16.700		0		1		0.785	18.871	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.200	0.080	4		1		0.009	0.226	
15:0....g									
16:0....g	9.600	0.615	4		1		0.451	10.848	
17:0....g									
18:0....g	6.900	0.103	4		1		0.324	7.797	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	39.300		0		1		1.847	44.409	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		1		1		0.009	0.226	
17:1....g									
18:1 undifferentiated....g	39.100	1.521	4		1		1.838	44.183	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	20.900		0		1		0.982	23.617	
18:2 undifferentiated....g	19.400	1.179	4		1		0.912	21.922	
18:3 undifferentiated....g	1.500	0.420	4		1		0.071	1.695	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	146		1		1		7	165	
Amino Acids:									
Tryptophan....g	0.012		0		1		0.001	0.014	
Threonine....g	0.039		0		1		0.002	0.044	
Isoleucine....g	0.052		0		1		0.002	0.059	
Leucine....g	0.084		0		1		0.004	0.095	
Lysine....g	0.068		0		1		0.003	0.077	
Methionine....g	0.021		0		1		0.001	0.024	
Cystine....g	0.008		0		1		0.000	0.009	
Phenylalanine....g	0.041		0		1		0.002	0.046	
Tyrosine....g	0.041		0		1		0.002	0.046	
Valine....g	0.057		0		1		0.003	0.064	
Arginine....g	0.031		0		1		0.001	0.035	
Histidine....g	0.023		0		1		0.001	0.026	
Alanine....g	0.029		0		1		0.001	0.033	
Aspartic acid....g	0.065		0		1		0.003	0.073	
Glutamic acid....g	0.179		0		1		0.008	0.202	
Glycine....g	0.018		0		1		0.001	0.020	
Proline....g	0.083		0		1		0.004	0.094	
Serine....g	0.046		0		1		0.002	0.052	
Hydroxyproline....g									

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

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04655

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.00		0	O	4		3.92		
Energy	kcal	628		0	NC	4		88		
Energy	kJ	2626		0	NC	4		368		
Protein (N x 6.25)	g	0.00		0	LC	8		0.00		
Total lipid (fat)	g	71.00		1	PAK	1		9.94		
Ash	g	1.00		0	O	4		0.14		
Carbohydrate, by difference	g	0.00		0	LC	8		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0		
Iron, Fe	mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg	mg	0		0	BFZN	4		0		
Phosphorus, P	mg	0		0	BFZN	4		0		
Potassium, K	mg	0		0	BFZN	4		0		
Sodium, Na	mg	864		0	LC	8		121		
Zinc, Zn	mg	0.00		0	BFZN	4		0.00		
Copper, Cu	mg	0.000		0	BFZN	4		0.000		
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.000		0	BFZN	4		0.000		
Riboflavin	mg	0.000		0	BFZN	4		0.000		
Niacin	mg	0.000		0	BFZN	4		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	BFZN	4		0.000		
Folate, total	µg	0		0	BFZN	4		0		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	0		0	BFZN	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	µg	0		0	BFZN	4		0		
Carotene, beta	µg	0		0	BFZN	4		0		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	LC	8		0		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	6.13		0	BFZN	4		0.86		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg	0.44		0	BFZN	4		0.06		
Tocopherol, gamma	mg	32.30		0	BFZN	4		4.52		
Tocopherol, delta	mg	15.36		0	BFZN	4		2.15		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	43.0		0	BFZN	4		6.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04655

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	22.869		0	NC	4		3.202		
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	0.033		1	A	1		0.005		
13:0....g									
14:0....g	0.147		1	A	1		0.021		
15:0....g	0.034		1	A	1		0.005		
16:0....g	9.296		1	A	1		1.301		
17:0....g	0.101		1	A	1		0.014		
18:0....g	12.754		1	A	1		1.786		
20:0....g	0.265		1	A	1		0.037		
22:0....g	0.239		1	A	1		0.033		
24:0....g									
Fatty acids, total monounsaturated....g	37.243		0	NC	4		5.214		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0	AS	1		0.008		
16:1 c....g	0.054		1	A	1		0.008		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	37.189		0	AS	1		5.207		
18:1 c....g	19.650		1	A	1		2.751		
18:1-11c (18:1c n-7)....g									
18:1 t....g	17.539		1	A	1		2.456		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.512		0	NC	4		1.052		
18:2 undifferentiated....g	6.755		0	AS	1		0.946		
18:2 n-6 c,c....g	5.491		1	A	1		0.769		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	1.265		1	A	1		0.177		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.757		0	AS	1		0.106		
18:3 n-3 c,c,c (ALA)....g	0.493		1	A	1		0.069		
18:3 n-6 c,c,c....g									
18:3i....g	0.264		1	A	1		0.037		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	19.068		0	NC	4		2.669		
Fatty acids, total trans-monoenoic....g	17.539		0	NC	4		2.456		
Fatty acids, total trans-polyenoic....g	1.528		0	NC	4		0.214		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		

NDB No. 04655

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04626

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

Refuse: 0%

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

NDB No. 04626

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	13.300		0	BFZN	4		1.862		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		
10:0	g	0.000		0	BFZN	4		0.000		
12:0	g	0.000		0	BFZN	4		0.000		
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000		
15:0	g									
16:0	g	9.800		0	BFZN	4		1.372		
17:0	g									
18:0	g	3.500		0	BFZN	4		0.490		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	39.900		0	BFZN	4		5.586		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.700		0	BFZN	4		0.098		
17:1	g									
18:1 undifferentiated	g	39.200		0	BFZN	4		5.488		
20:1	g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated	g	0.000		0	BFZN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	14.000		0	BFZN	4		1.960		
18:2 undifferentiated	g	12.600		0	BFZN	4		1.764		
18:3 undifferentiated	g	1.400		0	BFZN	4		0.196		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04627

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

Refuse: 0%

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

NDB No. 04627

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.000		0	BFZN	4		0.980		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	5.950		0	BFZN	4		0.833		
17:0....g									
18:0....g	1.050		0	BFZN	4		0.147		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.800		0	BFZN	4		1.372		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0	BFZN	4		0.049		
17:1....g									
18:1 undifferentiated....g	9.450		0	BFZN	4		1.323		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	16.800		0	BFZN	4		2.352		
18:2 undifferentiated....g	15.040		0	BFZN	4		2.106		
18:3 undifferentiated....g	1.750		0	BFZN	4		0.245		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04687

Margarine-like spread, BENECOL Light Spread (1)

McNeil Nutritionals, LLC

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.73		2	A	1		7.52		
Energy	kcal	357		0	LC	8		50		
Energy	kJ	1494		0	LC	8		209		
Protein	g	0.00		2	A	1		0.00		
Total lipid (fat)	g	38.71		1	A	1		5.42		
Ash	g	1.86		2	A	1		0.26		
Carbohydrate, by difference	g	5.71		0	NC	4		0.80		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	A	1		1		
Iron, Fe	mg	0.00		1	A	1		0.00		
Magnesium, Mg	mg	1		1	A	1		0		
Phosphorus, P	mg	4		1	A	1		1		
Potassium, K	mg	4		1	A	1		0		
Sodium, Na	mg	670		1	A	1		94		
Zinc, Zn	mg	0.00		1	A	1		0.00		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.012		1	A	1		0.002		
Riboflavin	mg	0.000		1	A	1		0.000		
Niacin	mg	0.000		1	A	1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1	A	1		0.000		
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE	1370		0	AS	1		192		
Vitamin A, IU	IU	4567		0	AS	1		639		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	37.22		2	A	1		5.21		
Tocopherol, beta	mg	0.07		2	A	1		0.01		
Tocopherol, gamma	mg	13.80		2	A	1		1.93		
Tocopherol, delta	mg	2.58		2	A	1		0.36		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	56.5		2	A	1		7.9		
Dihydrophylloquinone	µg	12.3		2	A	1		1.7		
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.770		0	NC	4		0.668		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
8:0	g	0.000		2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.000		2	A	1		0.000		
13:0	g									
14:0	g	0.036		2	A	1		0.005		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0....g	0.002		2	A	1		0.000		
16:0....g	2.736		2	A	1		0.383		
17:0....g	0.036		2	A	1		0.005		
18:0....g	1.670		2	A	1		0.234		
20:0....g	0.150		2	A	1		0.021		
22:0....g	0.138		2	A	1		0.019		
24:0....g	0.003		2	A	1		0.000		
Fatty acids, total monounsaturated....g	18.932		0	NC	4		2.650		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.074		0	AS	1		0.010		
16:1 c....g	0.074		2	A	1		0.010		
16:1 t....g									
17:1....g	0.041		2	A	1		0.006		
18:1 undifferentiated....g	18.525		0	AS	1		2.593		
18:1 c....g	16.689		2	A	1		2.336		
18:1-11c (18:1c n-7)....g									
18:1 t....g	1.836		2	A	1		0.257		
18:1-11t (18:1t n-7)....g									
20:1....g	0.269		2	A	1		0.038		
22:1 undifferentiated....g	0.024		0	AS	1		0.003		
22:1 c....g	0.024		2	A	1		0.003		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.948		0	NC	4		1.673		
18:2 undifferentiated....g	9.724		0	AS	1		1.361		
18:2 n-6 c,c....g	9.557		2	A	1		1.338		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.167		2	A	1		0.023		
18:3 undifferentiated....g	2.187		0	AS	1		0.306		
18:3 n-3 c,c,c (ALA)....g	1.976		2	A	1		0.277		
18:3 n-6 c,c,c....g									
18:3i....g	0.211		2	A	1		0.030		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.037		2	A	1		0.005		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	2.214		0	NC	4		0.310		
Fatty acids, total trans-monoenoic....g	1.836		0	NC	4		0.257		
Fatty acids, total trans-polyenoic....g	0.378		0	NC	4		0.053		
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

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

NDB No. 04687

Margarine-like spread, BENECOL Light Spread (1)

Footnotes:

1 Plant Stanol esters = 6070 mg/100g

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.89	0.951	3	A	1		8.38		
Energy	kcal	337		0	MC	9		47		
Energy	kJ	1410		0	MC	9		197		
Protein (N x 6.38)	g	0.02	0.021	3	A	1		0.00		
Total lipid (fat)	g	36.41	0.259	3	A	1		5.10		
Ash	g	1.70	0.330	3	A	1		0.24		
Carbohydrate, by difference	g	1.98		0	NC	4		0.28		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1	A	1		0		
Iron, Fe	mg	0.00		1	A	1		0.00		
Magnesium, Mg	mg	1		1	A	1		0		
Phosphorus, P	mg	1		1	A	1		0		
Potassium, K	mg	32		1	A	1		4		
Sodium, Na	mg	580		1	A	1		81		
Zinc, Zn	mg	0.00		1	A	1		0.00		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.000		1	A	1		0.000		
Riboflavin	mg	0.000		1	A	1		0.000		
Niacin	mg	0.000		1	A	1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1	A	1		0.000		
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE	1433		0	NC	4		201		
Vitamin A, IU	IU	5161		0	MC	9		723		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	15.75	0.754	3	A	1		2.20		
Tocopherol, beta	mg	0.06	0.010	3	A	1		0.01		
Tocopherol, gamma	mg	7.76	0.475	3	A	1		1.09		
Tocopherol, delta	mg	1.12	0.139	3	A	1		0.16		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	46.8	0.812	3	A	1		6.5		
Dihydrophylloquinone	µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	10.087		0	NC	4		1.412		
4:0	g	0.004	0.000	3	A	1		0.001		
6:0	g	0.000	0.000	3	A	1		0.000		
8:0	g	0.005	0.000	3	A	1		0.001		
10:0	g	0.000	0.000	3	A	1		0.000		
12:0	g	0.077	0.006	3	A	1		0.011		
13:0	g									
14:0	g	0.188	0.002	3	A	1		0.026		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0....g	0.009	0.004	3	A	1		0.001		
16:0....g	8.043	0.178	3	A	1		1.126		
17:0....g	0.035	0.002	3	A	1		0.005		
18:0....g	1.499	0.046	3	A	1		0.210		
20:0....g	0.146	0.019	3	A	1		0.020		
22:0....g	0.080	0.005	3	A	1		0.011		
24:0....g	0.005		1	A	1		0.001		
Fatty acids, total monounsaturated....g	13.699		0	NC	4		1.918		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.063	0.006	3	AS	1		0.009		
16:1 c....g	0.063	0.006	3	A	1		0.009		
16:1 t....g									
17:1....g	0.014	0.005	3	A	1		0.002		
18:1 undifferentiated....g	13.494	0.349	3	AS	1		1.889		
18:1 c....g	13.213	0.330	3	A	1		1.850		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.281	0.043	3	A	1		0.039		
18:1-11t (18:1t n-7)....g									
20:1....g	0.122	0.002	3	A	1		0.017		
22:1 undifferentiated....g	0.007	0.007	3	AS	1		0.001		
22:1 c....g	0.007	0.007	3	A	1		0.001		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.651		0	NC	4		1.351		
18:2 undifferentiated....g	8.318	0.319	3	AS	1		1.165		
18:2 n-6 c,c....g	8.175	0.307	3	A	1		1.145		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.143	0.019	3	A	1		0.020		
18:2 t not further defined....g									
18:3 undifferentiated....g	1.304	0.087	3	AS	1		0.183		
18:3 n-3 c,c,c (ALA)....g	1.116	0.076	3	A	1		0.156		
18:3 n-6 c,c,c....g									
18:3i....g	0.187	0.018	3	A	1		0.026		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.029	0.006	3	A	1		0.004		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.611		0	NC	4		0.086		
Fatty acids, total trans-monoenoic....g	0.281		0	NC	4		0.039		
Fatty acids, total trans-polyenoic....g	0.330		0	NC	4		0.046		
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04677

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

GFA Brands

Refuse: 0%

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

NDB No. 04677

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04673

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

GFA Brands

Refuse: 0%

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

NDB No. 04673

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 2.841 g omega-3 fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04676

Margarine-like spread, SMART BEAT Smart Squeeze

GFA Brands

Refuse: 0%

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.164 g omega-3 fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04675

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

GFA Brands

Refuse: 0%

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.779 g omega-3 fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04695

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

Refuse: 0%

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

NDB No. 04695

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.042		0	BFZN	4		1.406	22.996	0.482
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.049		0	BFZN	4		0.007	0.113	0.002
15:0....g									
16:0....g	5.813		0	BFZN	4		0.814	13.313	0.279
17:0....g									
18:0....g	3.622		0	BFZN	4		0.507	8.295	0.174
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	20.316		0	BFZN	4		2.844	46.524	0.975
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.048		0	BFZN	4		0.007	0.110	0.002
17:1....g									
18:1 undifferentiated....g	20.190		0	BFZN	4		2.827	46.234	0.969
20:1....g	0.078		0	BFZN	4		0.011	0.179	0.004
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	24.686		0	BFZN	4		3.456	56.531	1.185
18:2 undifferentiated....g	21.612		0	BFZN	4		3.026	49.491	1.037
18:3 undifferentiated....g	2.645		0	BFZN	4		0.370	6.058	0.127
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	7.374		0	BFZN	4		1.032	16.886	0.354
Cholesterol....mg	1		0	BFZN	4		0	2	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42307

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

Refuse: 0%

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

NDB No. 42307

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	26.904		0		4		3.767		
4:0....g	0.842		0		4		0.118		
6:0....g	0.499		0		4		0.070		
8:0....g	0.290		0		4		0.041		
10:0....g	0.650		0		4		0.091		
12:0....g	0.730		0		4		0.102		
13:0....g									
14:0....g	2.747		0		4		0.385		
15:0....g									
16:0....g	13.412		0		4		1.878		
17:0....g									
18:0....g	7.158		0		4		1.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	31.832		0		4		4.456		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.582		0		4		0.081		
17:1....g									
18:1 undifferentiated....g	30.872		0		4		4.322		
20:1....g	0.000		0		7		0.000		
22:1 undifferentiated....g	0.000		0		7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.236		0		4		2.553		
18:2 undifferentiated....g	17.110		0		4		2.395		
18:3 undifferentiated....g	1.126		0		4		0.158		
18:4....g	0.000		0		7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000		
20:5 n-3 (EPA)....g	0.000		0		7		0.000		
22:5 n-3 (DPA)....g	0.000		0		7		0.000		
22:6 n-3 (DHA)....g	0.000		0		7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	88		0	S	4		12		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04585

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.07		1	A	1		2.41	38.75	0.80
Energy....kcal	714		0	NC	4		101	1622	34
Energy....kJ	2989		0	NC	4		421	6785	140
Protein (N x 6.25)....g	0.31		1	A	1		0.04	0.71	0.01
Total lipid (fat)....g	80.32		1	A	1		11.33	182.33	3.78
Ash....g	1.53		1	A	1		0.22	3.47	0.07
Carbohydrate, by difference....g	0.77		0	NC	4		0.11	1.74	0.04
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1	A	1		1	22	0
Iron, Fe....mg	0.04		1	A	1		0.01	0.08	0.00
Magnesium, Mg....mg	1		1	A	1		0	2	0
Phosphorus, P....mg	10		1	A	1		1	23	0
Potassium, K....mg	22		1	A	1		3	50	1
Sodium, Na....mg	633		1	A	1		89	1437	30
Zinc, Zn....mg	0.03		1	A	1		0.00	0.06	0.00
Copper, Cu....mg	0.010		1	A	1		0.001	0.022	0.000
Manganese, Mn....mg	0.006		1	A	1		0.001	0.013	0.000
Selenium, Se....µg	0.4		0	RK	4		0.1	0.9	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RK	4		0.0	0.2	0.0
Thiamin....mg	0.009		1	A	1		0.001	0.020	0.000
Riboflavin....mg	0.023		1	A	1		0.003	0.053	0.001
Niacin....mg	0.022		1	A	1		0.003	0.050	0.001
Pantothenic acid....mg	0.041		1	A	1		0.006	0.092	0.002
Vitamin B-6....mg	0.009		1	A	1		0.001	0.019	0.000
Folate, total....µg	2		1		1		0	5	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2		0	NR	4		0	5	0
Folate, DFE....mcg_DFE	2		0	NC	4		0	5	0
Choline, total....mg	6.5		0	AS	1		0.9	14.8	0.3
Betaine....mg	0.1		1	A	1		0.0	0.2	0.0
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	NC	4		115	1859	38
Retinol....µg	768		0	CAZN	4		108	1743	36
Carotene, beta....µg	610		0	CAZN	4		86	1385	29
Carotene, alpha....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU....IU	3571		1	ML	5		504	8106	168
Lycopene....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	3.88		1	A	1		0.55	8.81	0.18
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.40		1	A	1		0.06	0.91	0.02
Tocopherol, gamma....mg	36.88		1	A	1		5.20	83.72	1.73
Tocopherol, delta....mg	14.45		1	A	1		2.04	32.80	0.68
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0	0.1	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	1		0	FLA	4		0	2	0
Vitamin K (phylloquinone)....µg	86.5		1	A	1		12.2	196.4	4.1
Dihydrophylloquinone....µg	72.3		1	A	1		10.2	164.2	3.4
Menaquinone-4....µg	1.7		1	A	1		0.2	3.9	0.1

Lipids:

NDB No. 04585

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.198		0	NC	4		2.002	32.229	0.667
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.404		1	A	1		0.057	0.917	0.019
15:0....g	0.048		1	A	1		0.007	0.109	0.002
16:0....g	7.936		1	A	1		1.119	18.014	0.373
17:0....g	0.097		1	A	1		0.014	0.220	0.005
18:0....g	5.219		1	A	1		0.736	11.846	0.245
20:0....g	0.257		1	A	1		0.036	0.584	0.012
22:0....g	0.223		1	A	1		0.031	0.507	0.010
24:0....g	0.014		1	A	1		0.002	0.032	0.001
Fatty acids, total monounsaturated....g	30.292		0	NC	4		4.271	68.764	1.424
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.097		0	AS	1		0.014	0.219	0.005
16:1 c....g	0.097		1	A	1		0.014	0.219	0.005
16:1 t....g									
17:1....g	0.038		1	A	1		0.005	0.086	0.002
18:1 undifferentiated....g	30.068		0	AS	1		4.240	68.253	1.413
18:1 c....g	15.789		1	A	1		2.226	35.841	0.742
18:1-11c (18:1c n-7)....g									
18:1 t....g	14.279		1	A	1		2.013	32.412	0.671
18:1-11t (18:1t n-7)....g									
20:1....g	0.091		1	A	1		0.013	0.205	0.004
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	24.170		0	NC	4		3.408	54.866	1.136
18:2 undifferentiated....g	21.533		0	AS	1		3.036	48.879	1.012
18:2 n-6 c,c....g	20.861		1	A	1		2.941	47.354	0.980
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.672		1	A	1		0.095	1.525	0.032
18:2 t not further defined....g									
18:3 undifferentiated....g	2.638		0	AS	1		0.372	5.987	0.124
18:3 n-3 c,c,c (ALA)....g	2.638		1	A	1		0.372	5.987	0.124
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	14.950		0	NC	4		2.108	33.937	0.703
Fatty acids, total trans-monoenoic....g	14.279		0	NC	4		2.013	32.412	0.671
Fatty acids, total trans-polyenoic....g	0.672		0	NC	4		0.095	1.525	0.032
Cholesterol....mg	12		1	A	1		2	28	1
Phytosterols....mg									

Amino Acids:

NDB No. 04585

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

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

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

Common Measures:

Measure 1 = 14.1g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04633

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.870		0		1		0.431	6.888	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	2.030		0		4		0.305	4.872	
17:0....g									
18:0....g	0.840		0		4		0.126	2.016	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.480		0		4		1.122	17.952	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.450		0		4		1.118	17.880	
20:1....g	0.040		0		4		0.006	0.096	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.040		0		4		1.206	19.296	
18:2 undifferentiated....g	7.840		0		4		1.176	18.816	
18:3 undifferentiated....g	0.160		0		4		0.024	0.384	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04634

Margarine-like, vegetable oil spread, 20% fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.870		0	BFZN	4		0.367	5.884	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	2.030		0	BFZN	4		0.260	4.162	
17:0....g									
18:0....g	0.840		0	BFZN	4		0.108	1.722	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.480		0	BFZN	4		0.957	15.334	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.450		0	BFZN	4		0.954	15.273	
20:1....g	0.040		0	BFZN	4		0.005	0.082	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.040		0	BFZN	4		1.029	16.482	
18:2 undifferentiated....g	7.840		0	BFZN	4		1.004	16.072	
18:3 undifferentiated....g	0.160		0	BFZN	4		0.020	0.328	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04612

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.95	0.465	4	A	1		5.28	84.63	1.77
Energy....kcal	537		0	NC	4		77	1230	26
Energy....kJ	2248		0	NC	4		321	5148	108
Protein (N x 6.25)....g	0.12	0.008	4	A	1		0.02	0.27	0.01
Total lipid (fat)....g	60.39	0.540	4	A	1		8.64	138.30	2.90
Ash....g	1.84	0.022	4	A	1		0.26	4.22	0.09
Carbohydrate, by difference....g	0.69		0	NC	4		0.10	1.58	0.03
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		3	48	1
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	2		0		1		0	4	0
Phosphorus, P....mg	16		0		1		2	37	1
Potassium, K....mg	30		0		1		4	68	1
Sodium, Na....mg	785		0		4		112	1798	38
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.008	0.008	6	A	1		0.001	0.019	0.000
Manganese, Mn....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.0	0.3	0.0
Thiamin....mg	0.007		0		1		0.001	0.016	0.000
Riboflavin....mg	0.026		0		1		0.004	0.060	0.001
Niacin....mg	0.016		0		1		0.002	0.037	0.001
Pantothenic acid....mg	0.059		0		1		0.008	0.135	0.003
Vitamin B-6....mg	0.006		0		1		0.001	0.014	0.000
Folate, total....µg	1		0		1		0	2	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		0		1		0	2	0
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	0
Choline, total....mg	12.4		3	AS	1		1.8	28.5	0.6
Betaine....mg									
Vitamin B-12....µg	0.07		0		1		0.01	0.15	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	NC	4		117	1875	39
Retinol....µg	768		0	NR	4		110	1759	37
Carotene, beta....µg	610		0	CAZN	4		87	1397	29
Carotene, alpha....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU....IU	3571		0	ML	5		511	8178	171
Lycopene....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.72	11.45	0.24
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	101.3	2.657	6	A	1		14.5	231.9	4.9
Dihydrophylloquinone....µg	26.7	0.419	6	A	1		3.8	61.2	1.3
Menaquinone-4....µg									
Lipids:									

NDB No. 04612

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.884		0	NC	4		1.556	24.925	0.522
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.041	0.003	4	A	1		0.006	0.093	0.002
15:0....g	0.011	0.004	4	A	1		0.002	0.025	0.001
16:0....g	6.250	0.032	4	A	1		0.894	14.312	0.300
17:0....g	0.053	0.003	4	A	1		0.008	0.121	0.003
18:0....g	4.146	0.116	4	A	1		0.593	9.495	0.199
20:0....g	0.184	0.004	4	A	1		0.026	0.422	0.009
22:0....g	0.139	0.047	4	A	1		0.020	0.319	0.007
24:0....g	0.060	0.004	4	A	1		0.009	0.138	0.003
Fatty acids, total monounsaturated....g	29.664		0	NC	4		4.242	67.930	1.424
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.034	0.001	4	AS	1		0.005	0.077	0.002
16:1 c....g	0.034	0.001	4	A	1		0.005	0.077	0.002
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.023	0.003	4	A	1		0.003	0.054	0.001
18:1 undifferentiated....g	29.503	0.796	4	AS	1		4.219	67.562	1.416
18:1 c....g	17.584	0.160	4	A	1		2.514	40.267	0.844
18:1-11c (18:1c n-7)....g									
18:1 t....g	11.919	0.817	4	A	1		1.704	27.295	0.572
18:1-11t (18:1t n-7)....g									
20:1....g	0.104	0.036	4	A	1		0.015	0.238	0.005
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	16.718		0	NC	4		2.391	38.284	0.802
18:2 undifferentiated....g	14.919	0.432	4	AS	1		2.133	34.165	0.716
18:2 n-6 c,c....g	14.073	0.516	4	A	1		2.012	32.228	0.676
18:2 CLAs....g	0.035	0.005	4	A	1		0.005	0.080	0.002
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.811	0.092	4	A	1		0.116	1.858	0.039
18:3 undifferentiated....g	1.799	0.115	4	AS	1		0.257	4.119	0.086
18:3 n-3 c,c,c (ALA)....g	1.748	0.104	4	A	1		0.250	4.003	0.084
18:3 n-6 c,c,c....g	0.050	0.017	4	A	1		0.007	0.116	0.002
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	12.731		0	NC	4		1.820	29.153	0.611
Fatty acids, total trans-monoenoic....g	11.919		0	NC	4		1.704	27.295	0.572
Fatty acids, total trans-polyenoic....g	0.811		0	NC	4		0.116	1.858	0.039
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Stigmasterol....mg	31		1	A	1		4	70	1

NDB No. 04612

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	34		1	A	1		5	78	2
Beta-sitosterol.....mg	94		1	A	1		13	215	5
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 14.3g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04693

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

Refuse: 0%

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

NDB No. 04693

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.884		0	NC	4		1.524		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.041	0.003	4	A	1		0.006		
15:0....g	0.011	0.004	4	A	1		0.002		
16:0....g	6.250	0.032	4	A	1		0.875		
17:0....g	0.053	0.003	4	A	1		0.007		
18:0....g	4.146	0.116	4	A	1		0.580		
20:0....g	0.184	0.004	4	A	1		0.026		
22:0....g	0.139	0.047	4	A	1		0.020		
24:0....g	0.060	0.004	4	A	1		0.008		
Fatty acids, total monounsaturated....g	29.664		0	NC	4		4.153		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.034	0.001	4	AS	1		0.005		
16:1 c....g	0.034	0.001	4	A	1		0.005		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.023	0.003	4	A	1		0.003		
18:1 undifferentiated....g	29.503	0.796	4	AS	1		4.130		
18:1 c....g	17.584	0.160	4	A	1		2.462		
18:1-11c (18:1c n-7)....g									
18:1 t....g	11.919	0.817	4	A	1		1.669		
18:1-11t (18:1t n-7)....g									
20:1....g	0.104	0.036	4	A	1		0.015		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	16.718		0	NC	4		2.341		
18:2 undifferentiated....g	14.919	0.432	4	AS	1		2.089		
18:2 n-6 c,c....g	14.073	0.516	4	A	1		1.970		
18:2 CLAs....g	0.035	0.005	4	A	1		0.005		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.811	0.092	4	A	1		0.114		
18:3 undifferentiated....g	1.799	0.115	4	AS	1		0.252		
18:3 n-3 c,c,c (ALA)....g	1.748	0.104	4	A	1		0.245		
18:3 n-6 c,c,c....g	0.050	0.017	4	A	1		0.007		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	12.731		0	NC	4		1.782		
Fatty acids, total trans-monoenoic....g	11.919		0	NC	4		1.669		
Fatty acids, total trans-polyenoic....g	0.811		0	NC	4		0.114		
Cholesterol....mg	0		0	BFZN	4		0		
Phytosterols....mg	167		0	AS	1		23		
Stigmasterol....mg	31		1	A	1		4		

NDB No. 04693

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	34		1	A	1		5		
Beta-sitosterol.....mg	94		1	A	1		13		
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04614

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.68		0	RA	4		5.53	88.58	1.86
Energy....kcal	526		0	RA	4		75	1204	25
Energy....kJ	2199		0	RA	4		315	5036	106
Protein (N x 6.25)....g	0.60		0	RA	4		0.09	1.37	0.03
Total lipid (fat)....g	59.17		0	RA	4		8.46	135.49	2.84
Ash....g	1.70		0	RA	4		0.24	3.89	0.08
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	RA	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	RA	4		3	48	1
Iron, Fe....mg	0.00		0	RA	4		0.00	0.00	0.00
Magnesium, Mg....mg	2		0	RA	4		0	4	0
Phosphorus, P....mg	16		0	RA	4		2	37	1
Potassium, K....mg	30		0	RA	4		4	68	1
Sodium, Na....mg	700		0	RA	4		100	1603	34
Zinc, Zn....mg	0.00		0	RA	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	RA	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	RA	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RA	4		0.0	0.2	0.0
Thiamin....mg	0.007		0	RA	4		0.001	0.016	0.000
Riboflavin....mg	0.026		0	RA	4		0.004	0.060	0.001
Niacin....mg	0.016		0	RA	4		0.002	0.037	0.001
Pantothenic acid....mg	0.030		0	RA	4		0.004	0.068	0.001
Vitamin B-6....mg	0.006		0	RA	4		0.001	0.014	0.000
Folate, total....µg	1		0	RA	4		0	2	0
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	1		0	RA	4		0	2	0
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	0
Choline, total....mg	12.4		0	CAZN	4		1.8	28.5	0.6
Betaine....mg									
Vitamin B-12....µg	0.07		0	RA	4		0.01	0.16	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	NC	4		117	1876	39
Retinol....µg	768		0	RA	4		110	1759	37
Carotene, beta....µg	610		0	RA	4		87	1397	29
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	3571		0	RA	4		511	8178	171
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	5.00		0	RA	4		0.72	11.45	0.24
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	101.3	2.657	6	A	1		14.5	231.9	4.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04614

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.042		0	RA	4		1.436	22.996	0.482
4:0....g	0.000		0	RA	4		0.000	0.000	0.000
6:0....g	0.000		0	RA	4		0.000	0.000	0.000
8:0....g	0.000		0	RA	4		0.000	0.000	0.000
10:0....g	0.000		0	RA	4		0.000	0.000	0.000
12:0....g	0.000		0	RA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.049		0	RA	4		0.007	0.113	0.002
15:0....g	0.000		0	RA	4		0.000	0.000	0.000
16:0....g	5.813		0	RA	4		0.831	13.313	0.279
17:0....g	0.064		0	RA	4		0.009	0.147	0.003
18:0....g	3.622		0	RA	4		0.518	8.295	0.174
20:0....g	0.190		0	RA	4		0.027	0.435	0.009
22:0....g	0.220		0	RA	4		0.031	0.503	0.011
24:0....g	0.084		0	RA	4		0.012	0.192	0.004
Fatty acids, total monounsaturated....g	20.316		0	RA	4		2.905	46.524	0.975
14:1....g	0.000		0	RA	4		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.048		0	RA	4		0.007	0.110	0.002
16:1 c....g	0.048		0	RA	4		0.007	0.110	0.002
16:1 t....g	0.000		0	RA	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	20.190		0	RA	4		2.887	46.234	0.969
18:1 c....g	13.305		0	RA	4		1.903	30.467	0.639
18:1-11c (18:1c n-7)....g									
18:1 t....g	6.885		0	RA	4		0.985	15.767	0.330
18:1-11t (18:1t n-7)....g									
20:1....g	0.078		0	RA	4		0.011	0.179	0.004
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	24.686		0	RA	4		3.530	56.531	1.185
18:2 undifferentiated....g	21.612		0	RA	4		3.090	49.491	1.037
18:2 n-6 c,c....g	21.123		0	RA	4		3.021	48.372	1.014
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.489		0	RA	4		0.070	1.119	0.023
18:2 t not further defined....g									
18:3 undifferentiated....g	2.645		0	RA	4		0.378	6.058	0.127
18:3 n-3 c,c,c (ALA)....g	2.645		0	RA	4		0.378	6.058	0.127
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.429		0	RA	4		0.061	0.982	0.021
20:3 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total trans....g	7.374		0	NC	4		1.054	16.886	0.354
Fatty acids, total trans-monoenoic....g	6.885		0	RA	4		0.985	15.767	0.330
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	1		0	RA	4		0	2	0
Phytosterols....mg									
Stigmasterol....mg	25		0	RA	4		4	56	1
Campesterol....mg	28		0	RA	4		4	65	1
Beta-sitosterol....mg	74		0	RA	4		11	170	4

NDB No. 04614

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

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

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

Common Measures:

Measure 1 = 14.3g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04620

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

Refuse: 0%

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

NDB No. 04620

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.086		0	BFZN	4		1.692		
4:0....g	0.014		0	BFZN	4		0.002		
6:0....g	0.006		0	BFZN	4		0.001		
8:0....g	0.009		0	BFZN	4		0.001		
10:0....g	0.072		0	BFZN	4		0.010		
12:0....g	0.200		0	BFZN	4		0.028		
13:0....g									
14:0....g	0.164		0	BFZN	4		0.023		
15:0....g									
16:0....g	6.359		0	BFZN	4		0.890		
17:0....g									
18:0....g	4.756		0	BFZN	4		0.666		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.348		0	BFZN	4		2.709		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0	BFZN	4		0.008		
17:1....g									
18:1 undifferentiated....g	19.066		0	BFZN	4		2.669		
20:1....g	0.194		0	BFZN	4		0.027		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	26.477		0	BFZN	4		3.707		
18:2 undifferentiated....g	23.736		0	BFZN	4		3.323		
18:3 undifferentiated....g	2.715		0	BFZN	4		0.380		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)....g	0.005		0	BFZN	4		0.001		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	BFZN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04697

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

Refuse: 0%

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

NDB No. 04697

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

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	12.086		0	BFZN	4		1.692		
4:0	g	0.014		0	BFZN	4		0.002		
6:0	g	0.006		0	BFZN	4		0.001		
8:0	g	0.009		0	BFZN	4		0.001		
10:0	g	0.072		0	BFZN	4		0.010		
12:0	g	0.200		0	BFZN	4		0.028		
13:0	g									
14:0	g	0.164		0	BFZN	4		0.023		
15:0	g									
16:0	g	6.359		0	BFZN	4		0.890		
17:0	g									
18:0	g	4.756		0	BFZN	4		0.666		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	19.348		0	BFZN	4		2.709		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.054		0	BFZN	4		0.008		
17:1	g									
18:1 undifferentiated	g	19.066		0	BFZN	4		2.669		
20:1	g	0.194		0	BFZN	4		0.027		
22:1 undifferentiated	g	0.000		0	BFZN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	26.477		0	BFZN	4		3.707		
18:2 undifferentiated	g	23.736		0	BFZN	4		3.323		
18:3 undifferentiated	g	2.715		0	BFZN	4		0.380		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)	g	0.005		0	BFZN	4		0.001		
22:6 n-3 (DHA)	g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	1		0	BFZN	4		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0		
Caffeine	mg	0		0	BFZN	4		0		
Theobromine	mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04613

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.58	0.175	16	A	1		5.26	86.05	1.80
Energy....kcal	533		0	NC	4		75	1221	26
Energy....kJ	2230		0	NC	4		312	5107	107
Protein (N x 6.25)....g	0.17	0.030	16	A	1		0.02	0.38	0.01
Total lipid (fat)....g	59.81	0.130	16	A	1		8.37	136.96	2.87
Ash....g	1.59	0.044	16	A	1		0.22	3.64	0.08
Carbohydrate, by difference....g	0.86		0	NC	4		0.12	1.97	0.04
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFZN	4		3	48	1
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	2		0	BFZN	4		0	5	0
Phosphorus, P....mg	16		0	BFZN	4		2	37	1
Potassium, K....mg	30		0	BFZN	4		4	69	1
Sodium, Na....mg	615		0	LC	8		86	1408	30
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0	0.2	0.0
Thiamin....mg	0.007		0	BFZN	4		0.001	0.016	0.000
Riboflavin....mg	0.026		0	BFZN	4		0.004	0.060	0.001
Niacin....mg	0.016		0	BFZN	4		0.002	0.037	0.001
Pantothenic acid....mg	0.001		1	A	1		0.000	0.001	0.000
Vitamin B-6....mg	3.750	0.710	4	A	1		0.525	8.587	0.180
Folate, total....µg	1		0	BFZN	4		0	2	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		0	BFZN	4		0	2	0
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	0
Choline, total....mg	10.2		0	AS	1		1.4	23.5	0.5
Betaine....mg									
Vitamin B-12....µg	10.80	1.859	4	A	1		1.51	24.73	0.52
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	NC	4		115	1875	39
Retinol....µg	768		0	CAZN	4		108	1759	37
Carotene, beta....µg	610		0	CAZN	4		85	1397	29
Carotene, alpha....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU....IU	3571		0	ML	5		500	8178	171
Lycopene....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	21.12	5.266	6	A	1		2.96	48.36	1.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.23	0.008	6	A	1		0.03	0.54	0.01
Tocopherol, gamma....mg	21.98	3.388	6	A	1		3.08	50.33	1.06
Tocopherol, delta....mg	6.92	1.214	6	A	1		0.97	15.86	0.33
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	101.3	2.657	6	A	1		14.2	231.9	4.9
Dihydrophylloquinone....µg	26.7	0.419	6	A	1		3.7	61.2	1.3
Menaquinone-4....µg									
Lipids:									

NDB No. 04613

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.086		0	NC	4		1.692	27.677	0.580
4:0....g	0.014	0.006	16	A	1		0.002	0.031	0.001
6:0....g	0.006	0.003	16	A	1		0.001	0.013	0.000
8:0....g	0.009	0.004	15	A	1		0.001	0.021	0.000
10:0....g	0.072	0.011	15	A	1		0.010	0.166	0.003
12:0....g	0.200	0.079	15	A	1		0.028	0.458	0.010
13:0....g									
14:0....g	0.164	0.039	16	A	1		0.023	0.377	0.008
15:0....g	0.014	0.002	16	A	1		0.002	0.033	0.001
16:0....g	6.359	0.107	16	A	1		0.890	14.562	0.305
17:0....g	0.052	0.003	16	A	1		0.007	0.120	0.003
18:0....g	4.756	0.434	16	A	1		0.666	10.890	0.228
20:0....g	0.211	0.003	16	A	1		0.030	0.483	0.010
22:0....g	0.156	0.018	16	A	1		0.022	0.357	0.007
24:0....g	0.072	0.002	16	A	1		0.010	0.165	0.003
Fatty acids, total monounsaturated....g	19.348		0	NC	4		2.709	44.306	0.929
14:1....g	0.002	0.001	16	A	1		0.000	0.004	0.000
15:1....g	0.000	0.000	16	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.054		0	AS	1		0.008	0.123	0.003
16:1 c....g	0.054	0.001	16	A	1		0.008	0.123	0.003
16:1 t....g	0.000	0.000	16	A	1		0.000	0.000	0.000
17:1....g	0.024	0.001	16	A	1		0.003	0.054	0.001
18:1 undifferentiated....g	19.066		0	AS	1		2.669	43.662	0.915
18:1 c....g	15.683	0.491	16	A	1		2.196	35.913	0.753
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.384	0.857	16	A	1		0.474	7.749	0.162
18:1-11t (18:1t n-7)....g									
20:1....g	0.194	0.013	16	A	1		0.027	0.444	0.009
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	15	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	16	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.004	15	A	1		0.001	0.019	0.000
Fatty acids, total polyunsaturated....g	26.477		0	NC	4		3.707	60.633	1.271
18:2 undifferentiated....g	23.736		0	AS	1		3.323	54.356	1.139
18:2 n-6 c,c....g	23.423	0.616	16	A	1		3.279	53.639	1.124
18:2 CLAs....g	0.033	0.002	16	A	1		0.005	0.076	0.002
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.280	0.034	16	A	1		0.039	0.641	0.013
18:3 undifferentiated....g	2.715		0	AS	1		0.380	6.216	0.130
18:3 n-3 c,c,c (ALA)....g	2.669	0.264	16	A	1		0.374	6.111	0.128
18:3 n-6 c,c,c....g	0.046	0.012	16	A	1		0.006	0.105	0.002
18:3i....g									
18:4....g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.016	0.003	16	A	1		0.002	0.036	0.001
20:3 undifferentiated....g	0.006		0	AS	1		0.001	0.014	0.000
20:3 n-3....g	0.002	0.001	16	A	1		0.000	0.004	0.000
20:3 n-6....g	0.004	0.001	16	A	1		0.001	0.010	0.000
20:4 undifferentiated....g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	16	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	16	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.005	0.002	15	A	1		0.001	0.010	0.000
22:6 n-3 (DHA)....g	0.000	0.000	15	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	3.664		0	NC	4		0.513	8.389	0.176
Fatty acids, total trans-monoenoic....g	3.384		0	NC	4		0.474	7.749	0.162
Fatty acids, total trans-polyenoic....g	0.280		0	NC	4		0.039	0.641	0.013
Cholesterol....mg	1		1	A	1		0	3	0
Phytosterols....mg									

NDB No. 04613

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04694

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

Refuse: 0%

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

NDB No. 04694

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.086		0	NC	4		1.692	27.677	0.580
4:0....g	0.014	0.006	16	A	1		0.002	0.031	0.001
6:0....g	0.006	0.003	16	A	1		0.001	0.013	0.000
8:0....g	0.009	0.004	15	A	1		0.001	0.021	0.000
10:0....g	0.072	0.011	15	A	1		0.010	0.166	0.003
12:0....g	0.200	0.079	15	A	1		0.028	0.458	0.010
13:0....g									
14:0....g	0.164	0.039	16	A	1		0.023	0.377	0.008
15:0....g	0.014	0.002	16	A	1		0.002	0.033	0.001
16:0....g	6.359	0.107	16	A	1		0.890	14.562	0.305
17:0....g	0.052	0.003	16	A	1		0.007	0.120	0.003
18:0....g	4.756	0.434	16	A	1		0.666	10.890	0.228
20:0....g	0.211	0.003	16	A	1		0.030	0.483	0.010
22:0....g	0.156	0.018	16	A	1		0.022	0.357	0.007
24:0....g	0.072	0.002	16	A	1		0.010	0.165	0.003
Fatty acids, total monounsaturated....g	19.347		0	NC	4		2.709	44.305	0.929
14:1....g	0.002	0.001	16	A	1		0.000	0.004	0.000
15:1....g	0.000	0.000	16	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.054	0.001	16	AS	1		0.008	0.123	0.003
16:1 c....g	0.054	0.001	16	A	1		0.008	0.123	0.003
16:1 t....g	0.000	0.000	16	A	1		0.000	0.000	0.000
17:1....g	0.024	0.001	16	A	1		0.003	0.054	0.001
18:1 undifferentiated....g	19.066	0.571	16	AS	1		2.669	43.662	0.915
18:1 c....g	15.683	0.491	16	A	1		2.196	35.913	0.753
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.384	0.857	16	A	1		0.474	7.749	0.162
18:1-11t (18:1t n-7)....g									
20:1....g	0.194	0.013	16	A	1		0.027	0.444	0.009
22:1 undifferentiated....g	0.000	0.000	16	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	15	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	16	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.004	15	A	1		0.001	0.019	0.000
Fatty acids, total polyunsaturated....g	26.477		0	NC	4		3.707	60.633	1.271
18:2 undifferentiated....g	23.736	0.620	16	AS	1		3.323	54.356	1.139
18:2 n-6 c,c....g	23.423	0.616	16	A	1		3.279	53.639	1.124
18:2 CLAs....g	0.033	0.002	16	A	1		0.005	0.076	0.002
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.280	0.034	16	A	1		0.039	0.641	0.013
18:3 undifferentiated....g	2.715	0.263	16	AS	1		0.380	6.216	0.130
18:3 n-3 c,c,c (ALA)....g	2.669	0.264	16	A	1		0.374	6.111	0.128
18:3 n-6 c,c,c....g	0.046	0.012	16	A	1		0.006	0.105	0.002
18:3i....g									
18:4....g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.016	0.003	16	A	1		0.002	0.036	0.001
20:3 undifferentiated....g	0.006	0.002	16	AS	1		0.001	0.014	0.000
20:3 n-3....g	0.002	0.001	16	A	1		0.000	0.004	0.000
20:3 n-6....g	0.004	0.001	16	A	1		0.001	0.010	0.000
20:4 undifferentiated....g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	16	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	16	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.005	0.002	15	A	1		0.001	0.010	0.000
22:6 n-3 (DHA)....g	0.000	0.000	15	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	3.664		0	NC	4		0.513	8.389	0.176
Fatty acids, total trans-monoenoic....g	3.384		0	NC	4		0.474	7.749	0.162
Fatty acids, total trans-polyenoic....g	0.280		0	NC	4		0.039	0.641	0.013
Cholesterol....mg	1		0	BFZN	4		0	3	0
Phytosterols....mg									

NDB No. 04694

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

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04690

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.55	0.700	13	A	1		8.87		
Energy	kcal	339		0	BFZN	4		50		
Energy	kJ	1417		0	BFZN	4		211		
Protein	g	0.51	0.181	13	A	1		0.08		
Total lipid (fat)	g	37.77	0.679	13	A	1		5.63		
Ash	g	1.52	0.082	13	A	1		0.23		
Carbohydrate, by difference	g	0.66		0	BFZN	4		0.10		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.506	4	A	1		1		
Iron, Fe	mg	0.02	0.000	4	A	1		0.00		
Magnesium, Mg	mg	1	0.080	4	A	1		0		
Phosphorus, P	mg	5	1.194	4	A	1		1		
Potassium, K	mg	34	10.352	4	A	1		5		
Sodium, Na	mg	589	23.848	4	A	1		88		
Zinc, Zn	mg	0.02	0.000	4	A	1		0.00		
Copper, Cu	mg	0.000	0.000	4	A	1		0.000		
Manganese, Mn	mg	0.000	0.000	4	A	1		0.000		
Selenium, Se	µg	0.0		1	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.0		
Thiamin	mg	0.011	0.006	3	A	1		0.002		
Riboflavin	mg	0.005	0.005	3	A	1		0.001		
Niacin	mg	0.000	0.000	3	A	1		0.000		
Pantothenic acid	mg	0.696		1	A	1		0.104		
Vitamin B-6	mg	0.000	0.000	4	A	1		0.000		
Folate, total	µg	1		0	BFZN	4		0		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	1		0	BFZN	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	12.4		0	BFZN	4		1.9		
Betaine	mg									
Vitamin B-12	µg	0.06		0	BFZN	4		0.01		
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	mcg_RAE	1297		0	AS	1		193		
Retinol	µg	1297	94.045	3	A	1		193		
Carotene, beta	µg	0		0	BFZN	4		0		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	4322		0	AS	1		644		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	13.45	3.371	13	A	1		2.00		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg	0.09	0.011	13	A	1		0.01		
Tocopherol, gamma	mg	12.38	1.449	13	A	1		1.84		
Tocopherol, delta	mg	3.15	0.651	13	A	1		0.47		
Vitamin D (D2 + D3)	µg	10.7		0	O	4		1.6		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	429		0	O	4		64		
Vitamin K (phylloquinone)	µg	74.6	9.867	9	A	1		11.1		
Dihydrophylloquinone	µg	9.0	2.323	9	A	1		1.3		
Menaquinone-4	µg	0.0	0.000	9	A	1		0.0		

Lipids:

NDB No. 04690

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.637		0	NC	4		1.287		
4:0....g	0.003	0.002	13	A	1		0.001		
6:0....g	0.000	0.000	13	A	1		0.000		
8:0....g	0.002	0.001	13	A	1		0.000		
10:0....g	0.018	0.007	13	A	1		0.003		
12:0....g	0.031	0.010	13	A	1		0.005		
13:0....g									
14:0....g	0.117	0.018	13	A	1		0.017		
15:0....g	0.006	0.001	13	A	1		0.001		
16:0....g	6.183	0.526	13	A	1		0.921		
17:0....g	0.036	0.001	13	A	1		0.005		
18:0....g	1.975	0.167	13	A	1		0.294		
20:0....g	0.140	0.013	13	A	1		0.021		
22:0....g	0.103	0.008	13	A	1		0.015		
24:0....g	0.022	0.001	7	A	1		0.003		
Fatty acids, total monounsaturated....g	13.958		0	NC	4		2.080		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.052		0	AS	1		0.008		
16:1 c....g	0.052	0.006	13	A	1		0.008		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.020	0.004	13	A	1		0.003		
18:1 undifferentiated....g	13.731		0	AS	1		2.046		
18:1 c....g	12.558	1.005	13	A	1		1.871		
18:1-11c (18:1c n-7)....g									
18:1 t....g	1.173	0.245	13	A	1		0.175		
18:1-11t (18:1t n-7)....g									
20:1....g	0.139	0.025	13	A	1		0.021		
22:1 undifferentiated....g	0.008		0	AS	1		0.001		
22:1 c....g	0.008	0.003	13	A	1		0.001		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.008	0.005	4	A	1		0.001		
Fatty acids, total polyunsaturated....g	12.735		0	NC	4		1.898		
18:2 undifferentiated....g	10.740		0	AS	1		1.600		
18:2 n-6 c,c....g	10.371	0.670	13	A	1		1.545		
18:2 CLAs....g	0.012	0.005	4	A	1		0.002		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.170	0.011	9	A	1		0.025		
18:2 t not further defined....g	0.186	0.004	4	A	1		0.028		
18:3 undifferentiated....g	1.969		0	AS	1		0.293		
18:3 n-3 c,c,c (ALA)....g	1.754	0.109	13	A	1		0.261		
18:3 n-6 c,c,c....g	0.058	0.025	4	A	1		0.009		
18:3i....g	0.157	0.029	9	A	1		0.023		
18:4....g	0.000	0.000	13	A	1		0.000		
20:2 n-6 c,c....g	0.021	0.003	13	A	1		0.003		
20:3 undifferentiated....g	0.006		0	AS	1		0.001		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.006	0.003	4	A	1		0.001		
20:4 undifferentiated....g	0.000	0.000	13	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	13	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	13	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	13	A	1		0.000		
Fatty acids, total trans....g	1.687		0	NC	4		0.251		
Fatty acids, total trans-monoenoic....g	1.173		0	NC	4		0.175		
Fatty acids, total trans-polyenoic....g	0.514		0	NC	4		0.077		
Cholesterol....mg	0		0	BFZN	4		0		
Phytosterols....mg	9060		0	AS	1		1350		
Stigmasterol....mg	35		2	A	1		5		

NDB No. 04690

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	168		2	A	1		25		
Beta-sitosterol.....mg	242		2	A	1		36		
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.9g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04624

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

Refuse: 0%

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

NDB No. 04624

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.416		0	RA	4		0.062		
4:0....g	0.003		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.001		0	RA	4		0.000		
10:0....g	0.001		0	RA	4		0.000		
12:0....g	0.001		0	RA	4		0.000		
13:0....g									
14:0....g	0.005		0	RA	4		0.001		
15:0....g									
16:0....g	0.343		0	RA	4		0.051		
17:0....g									
18:0....g	0.060		0	RA	4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.740		0	RA	4		0.111		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.737		0	RA	4		0.111		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.764		0	RA	4		0.265		
18:2 undifferentiated....g	1.742		0	RA	4		0.261		
18:3 undifferentiated....g	0.001		0	RA	4		0.000		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.69		2	A	1		13.24	211.31	
Energy....kcal	44		0	NC	4		6	103	
Energy....kJ	184		0	NC	4		27	430	
Protein....g	0.10		2	A	1		0.01	0.23	
Total lipid (fat)....g	3.04		2	A	1		0.44	7.08	
Ash....g	1.83		2	A	1		0.27	4.27	
Carbohydrate, by difference....g	4.34		0	NC	4		0.63	10.10	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		1	18	
Iron, Fe....mg	0.08		2	A	1		0.01	0.19	
Magnesium, Mg....mg	1		2	A	1		0	3	
Phosphorus, P....mg	2		2	A	1		0	5	
Potassium, K....mg	36		2	A	1		5	85	
Sodium, Na....mg	580		2	A	1		85	1350	
Zinc, Zn....mg	0.07		2	A	1		0.01	0.16	
Copper, Cu....mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn....mg	0.000		2	A	1		0.000	0.000	
Selenium, Se....µg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	1.011		1	A	1		0.148	2.356	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.883		1	A	1		0.129	2.057	
Pantothenic acid....mg	0.271		1	A	1		0.040	0.631	
Vitamin B-6....mg	0.001		1	A	1		0.000	0.002	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	8.3		0	RA	4		1.2	19.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	993		0	NC	4		145	2314	
Retinol....µg	993		0	NC	4		145	2314	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	3307		0		4		483	7705	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.52		2	A	1		0.08	1.21	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		2	A	1		0.0	0.1	
Dihydrophylloquinone....µg	0.3		2	A	1		0.0	0.6	
Menaquinone-4....µg									

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	2.128		0	NC	4		0.311	4.958	
4:0	g	0.000		2	A	1		0.000	0.000	
6:0	g	0.000		2	A	1		0.000	0.000	
8:0	g	0.000		2	A	1		0.000	0.000	
10:0	g	0.000		2	A	1		0.000	0.000	
12:0	g	0.009		2	A	1		0.001	0.020	
13:0	g									
14:0	g	0.028		2	A	1		0.004	0.064	
15:0	g									
16:0	g	0.953		2	A	1		0.139	2.221	
17:0	g									
18:0	g	1.126		2	A	1		0.164	2.624	
20:0	g	0.012		2	A	1		0.002	0.028	
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.356		0	NC	4		0.052	0.829	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		2	A	1		0.000	0.000	
17:1	g									
18:1 undifferentiated	g	0.178		0	AS	1		0.026	0.415	
18:1 c	g	0.010		2	A	1		0.001	0.023	
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.168		2	A	1		0.025	0.392	
18:1-11t (18:1t n-7)	g									
20:1	g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated	g	0.000		2	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.422		0	NC	4		0.062	0.984	
18:2 undifferentiated	g	0.376		0	AS	1		0.055	0.877	
18:2 n-6 c,c	g	0.376		2	A	1		0.055	0.877	
18:2 CLAs	g									
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g									
18:2 i	g									
18:2 t not further defined	g									
18:3 undifferentiated	g	0.046		0	AS	1		0.007	0.108	
18:3 n-3 c,c,c (ALA)	g	0.046		2	A	1		0.007	0.108	
18:3 n-6 c,c,c	g									
18:3i	g									
18:4	g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.000		2	A	1		0.000	0.000	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		2	A	1		0.000	0.000	
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)	g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans	g	0.168		0	NC	4		0.025	0.392	
Fatty acids, total trans-monoenoic	g	0.168		0	NC	4		0.025	0.392	
Fatty acids, total trans-polyenoic	g									
Cholesterol	mg	0		2	A	1		0	1	
Phytosterols	mg									
Stigmasterol	mg	1		2	A	1		0	1	
Campesterol	mg	1		2	A	1		0	2	
Beta-sitosterol	mg	2		2	A	1		0	4	

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

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

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

Common Measures:

Measure 1 = 14.6g: 1 tbsp

Measure 2 = 233g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 42256

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.350		1		1		1.169		
4:0....g	0.000		0		7		0.000		
6:0....g	0.000		0		7		0.000		
8:0....g	0.000		0		7		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	5.270		0		4		0.738		
17:0....g									
18:0....g	3.080		0		4		0.431		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.000		1		1		2.380		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	16.900		0		4		2.366		
20:1....g	0.100		0		4		0.014		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	23.800		1		1		3.332		
18:2 undifferentiated....g	20.870		0		4		2.922		
18:3 undifferentiated....g	2.930		0		4		0.410		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		7		0.000		
22:5 n-3 (DPA)....g	0.000		0		7		0.000		
22:6 n-3 (DHA)....g	0.000		0		7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04128

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.55	0.700	13	A	1		8.87	138.14	2.86
Energy....kcal	339		0	NC	4		50	785	16
Energy....kJ	1417		0	NC	4		211	3286	68
Protein....g	0.51	0.181	13	A	1		0.08	1.17	0.02
Total lipid (fat)....g	37.77	0.679	13	A	1		5.63	87.63	1.81
Ash....g	1.52	0.082	13	A	1		0.23	3.53	0.07
Carbohydrate, by difference....g	0.66		0	NC	4		0.10	1.52	0.03
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.506	4	A	1		1	13	0
Iron, Fe....mg	0.02	0.000	4	A	1		0.00	0.05	0.00
Magnesium, Mg....mg	1	0.080	4	A	1		0	3	0
Phosphorus, P....mg	5	1.194	4	A	1		1	12	0
Potassium, K....mg	34	10.352	4	A	1		5	78	2
Sodium, Na....mg	589	23.848	4	A	1		88	1367	28
Zinc, Zn....mg	0.02	0.000	4	A	1		0.00	0.04	0.00
Copper, Cu....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.0	0.2	0.0
Thiamin....mg	0.011	0.006	3	A	1		0.002	0.024	0.001
Riboflavin....mg	0.005	0.005	3	A	1		0.001	0.011	0.000
Niacin....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid....mg	0.696		1	A	1		0.104	1.615	0.033
Vitamin B-6....mg	0.000	0.000	4	A	1		0.000	0.001	0.000
Folate, total....µg	1		0		1		0	2	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		0	NR	4		0	2	0
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	0
Choline, total....mg	12.4		0	CAZN	4		1.9	28.8	0.6
Betaine....mg									
Vitamin B-12....µg	0.06		0		1		0.01	0.13	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1297		0	NC	4		193	3008	62
Retinol....µg	1297	94.045	3	A	1		193	3008	62
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU....IU	4322		0	NC	4		644	10028	207
Lycopene....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	13.45	3.371	13	A	1		2.00	31.19	0.65
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.09	0.011	13	A	1		0.01	0.21	0.00
Tocopherol, gamma....mg	12.38	1.449	13	A	1		1.84	28.73	0.59
Tocopherol, delta....mg	3.15	0.651	13	A	1		0.47	7.30	0.15
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	74.6	9.867	9	A	1		11.1	173.2	3.6
Dihydrophylloquinone....µg	9.0	2.323	9	A	1		1.3	20.9	0.4
Menaquinone-4....µg	0.0	0.000	9	A	1		0.0	0.0	0.0

Lipids:

NDB No. 04128

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.637		0	NC	4		1.287	20.038	0.415
4:0....g	0.003	0.002	13	A	1		0.001	0.008	0.000
6:0....g	0.000	0.000	13	A	1		0.000	0.001	0.000
8:0....g	0.002	0.001	13	A	1		0.000	0.004	0.000
10:0....g	0.018	0.007	13	A	1		0.003	0.042	0.001
12:0....g	0.031	0.010	13	A	1		0.005	0.072	0.001
13:0....g									
14:0....g	0.117	0.018	13	A	1		0.017	0.272	0.006
15:0....g	0.006	0.001	13	A	1		0.001	0.015	0.000
16:0....g	6.183	0.526	13	A	1		0.921	14.345	0.297
17:0....g	0.036	0.001	13	A	1		0.005	0.083	0.002
18:0....g	1.975	0.167	13	A	1		0.294	4.581	0.095
20:0....g	0.140	0.013	13	A	1		0.021	0.324	0.007
22:0....g	0.103	0.008	13	A	1		0.015	0.240	0.005
24:0....g	0.022	0.001	7	A	1		0.003	0.051	0.001
Fatty acids, total monounsaturated....g	13.958		0	NC	4		2.080	32.383	0.670
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.052		0	AS	1		0.008	0.121	0.003
16:1 c....g	0.052	0.006	13	A	1		0.008	0.121	0.003
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.020	0.004	13	A	1		0.003	0.047	0.001
18:1 undifferentiated....g	13.731		0	AS	1		2.046	31.855	0.659
18:1 c....g	12.558	1.005	13	A	1		1.871	29.135	0.603
18:1-11c (18:1c n-7)....g									
18:1 t....g	1.173	0.245	13	A	1		0.175	2.720	0.056
18:1-11t (18:1t n-7)....g									
20:1....g	0.139	0.025	13	A	1		0.021	0.321	0.007
22:1 undifferentiated....g	0.008		0	AS	1		0.001	0.019	0.000
22:1 c....g	0.008	0.003	13	A	1		0.001	0.019	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.005	4	A	1		0.001	0.020	0.000
Fatty acids, total polyunsaturated....g	12.407		0	NC	4		1.849	28.785	0.596
18:2 undifferentiated....g	10.570		0	AS	1		1.575	24.522	0.507
18:2 n-6 c,c....g	10.371	0.670	13	A	1		1.545	24.061	0.498
18:2 CLAs....g	0.012	0.005	4	A	1		0.002	0.028	0.001
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.186	0.004	4	A	1		0.028	0.432	0.009
18:3 undifferentiated....g	1.811		0	AS	1		0.270	4.202	0.087
18:3 n-3 c,c,c (ALA)....g	1.754	0.109	13	A	1		0.261	4.068	0.084
18:3 n-6 c,c,c....g	0.058	0.025	4	A	1		0.009	0.134	0.003
18:3i....g									
18:4....g	0.000	0.000	13	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.021	0.003	13	A	1		0.003	0.048	0.001
20:3 undifferentiated....g	0.006		0	AS	1		0.001	0.013	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.006	0.003	4	A	1		0.001	0.013	0.000
20:4 undifferentiated....g	0.000	0.000	13	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	13	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	13	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	13	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	1.359		0	NC	4		0.202	3.153	0.065
Fatty acids, total trans-monoenoic....g	1.173		0	NC	4		0.175	2.720	0.056
Fatty acids, total trans-polyenoic....g	0.186		0	NC	4		0.028	0.432	0.009
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg									

NDB No. 04128

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

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

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

Common Measures:

Measure 1 = 14.9g: 1 tbsp

Measure 2 = 232g: 1 cup

Measure 3 = 4.8g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42309

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

Refuse: 0%

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

NDB No. 42309

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	16.669		0		4		2.334		
4:0....g	0.522		0		4		0.073		
6:0....g	0.309		0		4		0.043		
8:0....g	0.180		0		4		0.025		
10:0....g	0.403		0		4		0.056		
12:0....g	0.452		0		4		0.063		
13:0....g									
14:0....g	1.702		0		4		0.238		
15:0....g									
16:0....g	8.310		0		4		1.163		
17:0....g									
18:0....g	4.435		0		4		0.621		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.722		0		4		2.761		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.361		0		4		0.051		
17:1....g									
18:1 undifferentiated....g	19.128		0		4		2.678		
20:1....g	0.000		0		7		0.000		
22:1 undifferentiated....g	0.000		0		7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.299		0		4		1.582		
18:2 undifferentiated....g	10.601		0		4		1.484		
18:3 undifferentiated....g	0.698		0		4		0.098		
18:4....g	0.000		0		7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000		
20:5 n-3 (EPA)....g	0.000		0		7		0.000		
22:5 n-3 (DPA)....g	0.000		0		7		0.000		
22:6 n-3 (DHA)....g	0.000		0		7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	71		0		4		10		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04600

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

Refuse: 0%

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

NDB No. 04600

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.238		0		4		1.013		
4:0....g	0.026		0		4		0.004		
6:0....g	0.015		0		4		0.002		
8:0....g	0.009		0		4		0.001		
10:0....g	0.020		0		4		0.003		
12:0....g	0.023		0		4		0.003		
13:0....g									
14:0....g	0.130		0		4		0.018		
15:0....g									
16:0....g	4.458		0		4		0.624		
17:0....g									
18:0....g	2.538		0		4		0.355		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.438		0		4		2.581		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		4		0.003		
17:1....g									
18:1 undifferentiated....g	18.408		0		4		2.577		
20:1....g	0.000		0		7		0.000		
22:1 undifferentiated....g	0.000		0		7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.573		0		4		1.760		
18:2 undifferentiated....g	12.025		0		4		1.684		
18:3 undifferentiated....g	0.549		0		4		0.077		
18:4....g	0.000		0		7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000		
20:5 n-3 (EPA)....g	0.000		0		7		0.000		
22:5 n-3 (DPA)....g	0.000		0		7		0.000		
22:6 n-3 (DHA)....g	0.000		0		7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43598
Mayonnaise dressing, no cholesterol

Refuse: 0%

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

NDB No. 43598
Mayonnaise dressing, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.784		0		4		1.618	25.774	
4:0....g	0.000		0		7		0.000	0.000	
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.000		0		7		0.000	0.000	
15:0....g									
16:0....g	7.357		0		4		1.104	17.583	
17:0....g									
18:0....g	2.952		0		4		0.443	7.055	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.026		0		4		2.704	43.082	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	18.026		0		4		2.704	43.082	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	45.539		0		4		6.831	108.838	
18:2 undifferentiated....g	40.569		0		4		6.085	96.960	
18:3 undifferentiated....g	4.970		0		4		0.746	11.878	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 239g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.300		0		4		0.462	7.392	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	2.400		0		4		0.336	5.376	
17:0....g									
18:0....g	0.900		0		4		0.126	2.016	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.500		0		4		0.630	10.080	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	4.500		0		4		0.630	10.080	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.600		0		4		1.484	23.744	
18:2 undifferentiated....g	9.000		0		4		1.260	20.160	
18:3 undifferentiated....g	1.600		0		4		0.224	3.584	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	24		0		4		3	54	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 224g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42178
Mayonnaise, made with tofu

Refuse: 0%

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

NDB No. 42178
Mayonnaise, made with tofu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.921		0	FLM	4		0.438	7.010	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.001		0	FLM	4		0.000	0.001	
13:0....g									
14:0....g	0.005		0	FLM	4		0.001	0.012	
15:0....g	0.000		0	FLM	4		0.000	0.001	
16:0....g	1.962		0	FLM	4		0.294	4.709	
17:0....g	0.006		0	FLM	4		0.001	0.014	
18:0....g	0.815		0	FLM	4		0.122	1.956	
20:0....g	0.065		0	FLM	4		0.010	0.156	
22:0....g	0.065		0	FLM	4		0.010	0.156	
24:0....g	0.002		0	FLM	4		0.000	0.004	
Fatty acids, total monounsaturated....g	5.246		0	FLM	4		0.787	12.591	
14:1....g	0.000		0	FLM	4		0.000	0.000	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.007		0	FLM	4		0.001	0.016	
17:1....g	0.000		0	FLM	4		0.000	0.000	
18:1 undifferentiated....g	4.873		0	FLM	4		0.731	11.695	
20:1....g	0.110		0	FLM	4		0.016	0.263	
22:1 undifferentiated....g	0.241		0	FLM	4		0.036	0.578	
24:1 c....g	0.016		0	FLM	4		0.002	0.038	
Fatty acids, total polyunsaturated....g	16.590		0	FLM	4		2.488	39.815	
18:2 undifferentiated....g	14.534		0	FLM	4		2.180	34.883	
18:3 undifferentiated....g	2.042		0	FLM	4		0.306	4.900	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.003		0	FLM	4		0.000	0.008	
20:3 undifferentiated....g	0.008		0	FLM	4		0.001	0.019	
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g	0.153		0	FLM	4		0.023	0.367	
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Stigmasterol....mg									
Campesterol....mg									
Beta-sitosterol....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	

NDB No. 42178
Mayonnaise, made with tofu

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

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 42138

Mayonnaise, reduced-calorie or diet, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.618		0		4		0.674	10.668	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	3.150		0		4		0.460	7.277	
17:0....g									
18:0....g	1.264		0		4		0.185	2.920	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.707		0		4		1.125	17.803	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.707		0		4		1.125	17.803	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	19.500		0		4		2.847	45.045	
18:2 undifferentiated....g	17.372		0		4		2.536	40.129	
18:3 undifferentiated....g	2.128		0		4		0.311	4.916	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 14.6g: 1 tbsp

Measure 2 = 231g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	44.790		0	RA	4				
4:0....g	0.000		0	RA	4				
6:0....g	0.000		0	RA	4				
8:0....g	0.000		0	RA	4				
10:0....g	0.033		0	RA	4				
12:0....g	0.362		0	RA	4				
13:0....g									
14:0....g	2.892		0	RA	4				
15:0....g									
16:0....g	23.071		0	RA	4				
17:0....g									
18:0....g	16.794		0	RA	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	41.770		0	RA	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.024		0	RA	4				
17:1....g									
18:1 undifferentiated....g	37.728		0	RA	4				
20:1....g	0.427		0	RA	4				
22:1 undifferentiated....g	0.000		0	RA	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.560		0	RA	4				
18:2 undifferentiated....g	6.179		0	RA	4				
18:3 undifferentiated....g	1.282		0	RA	4				
18:4....g	0.000		0	RA	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4				
20:5 n-3 (EPA)....g	0.000		0	RA	4				
22:5 n-3 (DPA)....g	0.000		0	RA	4				
22:6 n-3 (DHA)....g	0.000		0	RA	4				
Fatty acids, total trans....g									
Cholesterol....mg	101		0	RA	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04679

Oil, PAM cooking spray, original

ConAgra, Inc.

Refuse: 0%

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

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

NDB No. 04679

Oil, PAM cooking spray, original

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04529
Oil, almond

Refuse: 0%

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

NDB No. 04529
Oil, almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.200		0		1		1.115	17.876	0.369
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.006	23		1		0.000	0.000	0.000
15:0....g									
16:0....g	6.500	0.074	91		1		0.884	14.170	0.293
17:0....g									
18:0....g	1.700	0.077	90		1		0.231	3.706	0.077
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	69.900		0		1		9.506	152.382	3.146
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.600	0.025	89		1		0.082	1.308	0.027
17:1....g									
18:1 undifferentiated....g	69.400	0.426	91		1		9.438	151.292	3.123
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	17.400		0		1		2.366	37.932	0.783
18:2 undifferentiated....g	17.400	0.394	91		1		2.366	37.932	0.783
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04529
Oil, almond

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04530
Oil, apricot kernel

Refuse: 0%

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

NDB No. 04530
Oil, apricot kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g									
15:0....g									
16:0....g	5.800	0.117	54		1		0.789	12.644	0.261
17:0....g									
18:0....g	0.500	0.057	53		1		0.068	1.090	0.023
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	60.000		0		1		8.160	130.800	2.700
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.500	0.071	51		1		0.204	3.270	0.068
17:1....g									
18:1 undifferentiated....g	58.500	0.763	54		1		7.956	127.530	2.633
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	29.300		0		1		3.985	63.874	1.319
18:2 undifferentiated....g	29.300	0.688	54		1		3.985	63.874	1.319
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04530
Oil, apricot kernel

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04581
Oil, avocado

Refuse: 0%

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

NDB No. 04581
Oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	10.900		2		1		1.526	23.762	0.491
17:0....g									
18:0....g	0.660		2		1		0.092	1.439	0.030
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	70.554		0		1		9.878	153.808	3.175
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.665		2		1		0.373	5.810	0.120
17:1....g									
18:1 undifferentiated....g	67.889		2		1		9.504	147.998	3.055
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.486		0		1		1.888	29.399	0.607
18:2 undifferentiated....g	12.530		2		1		1.754	27.315	0.564
18:3 undifferentiated....g	0.957		2		1		0.134	2.086	0.043
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04534
Oil, babassu

Refuse: 0%

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

NDB No. 04534
Oil, babassu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.200	0.130	3		1		0.027	0.436	0.009
8:0 g	6.000	0.282	6		1		0.816	13.080	0.270
10:0 g	5.500	0.380	6		1		0.748	11.990	0.248
12:0 g	43.500	0.730	6		1		5.916	94.830	1.958
13:0 g									
14:0 g	15.000	0.368	6		1		2.040	32.700	0.675
15:0 g									
16:0 g	8.200	0.183	6		1		1.115	17.876	0.369
17:0 g									
18:0 g	2.800	0.197	6		1		0.381	6.104	0.126
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.400		0		1		1.550	24.852	0.513
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		2		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	11.400	0.526	6		1		1.550	24.852	0.513
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.600		0		1		0.218	3.488	0.072
18:2 undifferentiated g	1.600	0.284	6		1		0.218	3.488	0.072
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04534
Oil, babassu

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04582
Oil, canola (1)

low erucic acid rapeseed oil
Refuse:0%

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

Lipids:

NDB No. 04582
Oil, canola (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.365		0	NC	4		1.031	16.056	0.331
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	4.298	0.021	4	A	1		0.602	9.370	0.193
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	2.087	0.014	4	A	1		0.292	4.550	0.094
20:0....g	0.650	0.004	4	A	1		0.091	1.417	0.029
22:0....g	0.330	0.002	4	A	1		0.046	0.719	0.015
24:0....g									
Fatty acids, total monounsaturated....g	63.276		0	NC	4		8.859	137.941	2.847
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.214	0.001	4	A	1		0.030	0.466	0.010
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	61.744	0.338	4	AS	1		8.644	134.603	2.778
18:1 c....g	61.714	0.354	4	A	1		8.640	134.538	2.777
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.030	0.030	4	A	1		0.004	0.065	0.001
18:1-11t (18:1t n-7)....g									
20:1....g	1.317	0.015	4	A	1		0.184	2.872	0.059
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.142		0	NC	4		3.940	61.350	1.266
18:2 undifferentiated....g	19.005	0.144	4	AS	1		2.661	41.432	0.855
18:2 n-6 c,c....g	18.640	0.147	4	A	1		2.610	40.636	0.839
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.365	0.073	4	A	1		0.051	0.796	0.016
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	9.137		49	JA	6		1.279	19.918	0.411
18:3 n-3 c,c,c (ALA)....g	9.137		4	A	1		1.279	19.918	0.411
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.395		0	NC	4		0.055	0.861	0.018
Fatty acids, total trans-monoenoic....g	0.030		0	NC	4		0.004	0.065	0.001
Fatty acids, total trans-polyenoic....g	0.365		0	NC	4		0.051	0.796	0.016
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Stigmasterol....mg	3	0.167	4	A	1		0	6	0
Campesterol....mg	241	9.056	4	A	1		34	525	11
Beta-sitosterol....mg	413	14.560	4	A	1		58	899	19

Others:

NDB No. 04582
Oil, canola (1)

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Footnotes:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04501
Oil, cocoa butter

Refuse: 0%

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

Lipids:

NDB No. 04501
Oil, cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	59.700		0		1		8.119	130.146	2.687
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000	0.003	49		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.100	0.007	141		1		0.014	0.218	0.005
15:0....g									
16:0....g	25.400	0.120	154		1		3.454	55.372	1.143
17:0....g									
18:0....g	33.200	0.101	154		1		4.515	72.376	1.494
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	32.900		0		1		4.474	71.722	1.481
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200	0.019	108		1		0.027	0.436	0.009
17:1....g									
18:1 undifferentiated....g	32.600	0.121	154		1		4.434	71.068	1.467
20:1....g	0.000	0.010	21		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.000		0		1		0.408	6.540	0.135
18:2 undifferentiated....g	2.800	0.048	154		1		0.381	6.104	0.126
18:3 undifferentiated....g	0.100	0.009	117		1		0.014	0.218	0.005
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	0
Phytosterols....mg	201		0		1		27	438	9
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04501
Oil, cocoa butter

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04047
Oil, coconut

Refuse: 0%

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

NDB No. 04047
Oil, coconut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	86.500		0		1		11.764	188.570	3.893
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.600		19		1		0.082	1.308	0.027
8:0....g	7.500		19		1		1.020	16.350	0.338
10:0....g	6.000		19		1		0.816	13.080	0.270
12:0....g	44.600		19		1		6.066	97.228	2.007
13:0....g									
14:0....g	16.800		19		1		2.285	36.624	0.756
15:0....g									
16:0....g	8.200		19		1		1.115	17.876	0.369
17:0....g									
18:0....g	2.800		19		1		0.381	6.104	0.126
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.800		0		1		0.789	12.644	0.261
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	5.800		19		1		0.789	12.644	0.261
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.800		0		1		0.245	3.924	0.081
18:2 undifferentiated....g	1.800		19		1		0.245	3.924	0.081
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg	86	1.561	19		1		12	187	4
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04047
Oil, coconut

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04685

Oil, cooking and salad, ENOVA, 80% diglycerides

ADM KAO LLC

Refuse: 0%

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

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

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

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

Common Measures:

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

Measure 2 = 214g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

Lipids:

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.026		0	NC	4		1.124	17.978	0.361
4:0....g	0.000		1		1		0.000	0.000	0.000
6:0....g	0.000		1		1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	5.076		2	A	1		0.711	11.371	0.228
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	2.028		2	A	1		0.284	4.542	0.091
20:0....g	0.615		2	A	1		0.086	1.379	0.028
22:0....g	0.306		2	A	1		0.043	0.686	0.014
24:0....g									
Fatty acids, total monounsaturated....g	58.537		0	NC	4		8.195	131.123	2.634
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.191		2	A	1		0.027	0.428	0.009
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	57.142		0	AS	1		8.000	127.997	2.571
18:1 c....g	57.142		2	A	1		8.000	127.997	2.571
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	1.204		2	A	1		0.169	2.698	0.054
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	29.113		0	NC	4		4.076	65.214	1.310
18:2 undifferentiated....g	23.315		0	AS	1		3.264	52.225	1.049
18:2 n-6 c,c....g	22.981		2	A	1		3.217	51.478	1.034
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.334		2	A	1		0.047	0.747	0.015
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	5.798		0	AS	1		0.812	12.989	0.261
18:3 n-3 c,c,c (ALA)....g	5.798		2	A	1		0.812	12.989	0.261
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		1		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.334		0	NC	4		0.047	0.747	0.015
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.334		0	NC	4		0.047	0.747	0.015
Cholesterol....mg	0		0		7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	9		2	A	1		1	21	0
Campesterol....mg	233		2	A	1		33	523	11
Beta-sitosterol....mg	419		2	A	1		59	939	19

Others:

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 224g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Footnotes:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04518

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

Refuse: 0%

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

Lipids:

NDB No. 04518

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.948		0	NC	4		1.761	28.227	0.583
4:0....g	0.000		1	JA	6		0.000	0.000	0.000
6:0....g	0.000		1	JA	6		0.000	0.000	0.000
8:0....g	0.000		1	JA	6		0.000	0.000	0.000
10:0....g	0.000		1	JA	6		0.000	0.000	0.000
12:0....g	0.000		2	JA	6		0.000	0.000	0.000
13:0....g									
14:0....g	0.024		2	JA	6		0.003	0.051	0.001
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	10.579		2	JA	6		1.439	23.063	0.476
17:0....g	0.067		1	A	1		0.009	0.145	0.003
18:0....g	1.848		2	JA	6		0.251	4.029	0.083
20:0....g	0.431		1	A	1		0.059	0.939	0.019
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	27.576		0	NC	4		3.750	60.116	1.241
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.114		0	AS	1		0.015	0.248	0.005
16:1 c....g	0.114		1	A	1		0.015	0.248	0.005
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	27.333		0	AS	1		3.717	59.586	1.230
18:1 c....g	27.333		1	A	1		3.717	59.586	1.230
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.129		1	JA	6		0.018	0.282	0.006
22:1 undifferentiated....g	0.000		1	JA	6		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	54.677		0	NC	4		7.436	119.195	2.460
18:2 undifferentiated....g	53.515		0	AS	1		7.278	116.663	2.408
18:2 n-6 c,c....g	53.230		1	A	1		7.239	116.041	2.395
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.286		1	A	1		0.039	0.623	0.013
18:2 t not further defined....g									
18:3 undifferentiated....g	1.161		0	A	1		0.158	2.532	0.052
18:3 n-3 c,c,c (ALA)....g	1.161		1	A	1		0.158	2.532	0.052
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	JA	6		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	JA	6		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	JA	6		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	JA	6		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	JA	6		0.000	0.000	0.000
Fatty acids, total trans....g	0.286		0	NC	4		0.039	0.623	0.013
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.286		0	NC	4		0.039	0.623	0.013
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	968	84.091	8		1		132	2110	44
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04518

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.367		0		4		2.011	0.647	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.033		0		4		0.005	0.001	
15:0....g									
16:0....g	10.467		0		4		1.465	0.471	
17:0....g									
18:0....g	2.067		0		4		0.289	0.093	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	48.033		0		4		6.725	2.161	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		0		4		0.042	0.014	
17:1....g									
18:1 undifferentiated....g	47.167		0		4		6.603	2.123	
20:1....g	0.533		0		4		0.075	0.024	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	33.033		0		4		4.625	1.486	
18:2 undifferentiated....g	32.633		0		4		4.569	1.468	
18:3 undifferentiated....g	0.433		0		4		0.061	0.019	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04502
Oil, cottonseed, salad or cooking

Refuse: 0%

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

NDB No. 04502
Oil, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	25.900		0		1		3.522	56.462	1.166
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.800	0.016	115		1		0.109	1.744	0.036
15:0....g									
16:0....g	22.700	0.198	121		1		3.087	49.486	1.022
17:0....g									
18:0....g	2.300	0.044	121		1		0.313	5.014	0.104
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.800		0		1		2.421	38.804	0.801
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.800	0.031	120		1		0.109	1.744	0.036
17:1....g									
18:1 undifferentiated....g	17.000	0.259	124		1		2.312	37.060	0.765
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	51.900		0		1		7.058	113.142	2.336
18:2 undifferentiated....g	51.500	0.357	123		1		7.004	112.270	2.318
18:3 undifferentiated....g	0.200	0.030	59		1		0.027	0.436	0.009
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100	0.015	48		1		0.014	0.218	0.005
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	324	14.738	9		1		44	706	15
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04502
Oil, cottonseed, salad or cooking

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04541
Oil, cupu assu

Refuse: 0%

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

NDB No. 04541
Oil, cupu assu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.900		1		1		0.122	1.962	0.041
15:0....g									
16:0....g	9.600		1		1		1.306	20.928	0.432
17:0....g									
18:0....g	32.700		1		1		4.447	71.286	1.472
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	38.700		0		1		5.263	84.366	1.742
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	38.700		1		1		5.263	84.366	1.742
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.800		0		1		0.517	8.284	0.171
18:2 undifferentiated....g	3.800		1		1		0.517	8.284	0.171
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04541
Oil, cupu assu

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42231
Oil, flaxseed, cold pressed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.12		1	A	1		0.02	0.26	
Energy	kcal	884		0	NC	4		120	1928	
Energy	kJ	3700		0	NC	4		503	8066	
Protein	g	0.11		1	A	1		0.01	0.23	
Total lipid (fat)	g	99.98		1	A	1		13.60	217.96	
Ash	g	0.00		1	A	1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	1	
Iron, Fe	mg	0.00		1	A	1		0.00	0.00	
Magnesium, Mg	mg	0		1	A	1		0	0	
Phosphorus, P	mg	1		1	A	1		0	1	
Potassium, K	mg	0		1	A	1		0	0	
Sodium, Na	mg	0		1	A	1		0	0	
Zinc, Zn	mg	0.07		1	A	1		0.01	0.15	
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.000		0		7		0.000	0.000	
Riboflavin	mg	0.000		0		7		0.000	0.000	
Niacin	mg	0.000		0		7		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		7		0.000	0.000	
Folate, total	µg	0		0		7		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.47		1	A	1		0.06	1.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.55		1	A	1		0.08	1.21	
Tocopherol, gamma	mg	28.76		1	A	1		3.91	62.69	
Tocopherol, delta	mg	1.65		1	A	1		0.22	3.59	
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	9.3		1	A	1		1.3	20.2	
Dihydrophylloquinone	µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4	µg	0.0		1	A	1		0.0	0.0	

Lipids:

NDB No. 42231
Oil, flaxseed, cold pressed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.976		0	NC	4		1.221	19.568	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		1	A	1		0.001	0.017	
12:0....g	0.018		1	A	1		0.002	0.039	
13:0....g									
14:0....g	0.077		1	A	1		0.010	0.168	
15:0....g	0.027		1	A	1		0.004	0.059	
16:0....g	5.109		1	A	1		0.695	11.138	
17:0....g	0.051		1	A	1		0.007	0.111	
18:0....g	3.367		1	A	1		0.458	7.340	
20:0....g	0.131		1	A	1		0.018	0.286	
22:0....g	0.113		1	A	1		0.015	0.246	
24:0....g	0.075		1	A	1		0.010	0.164	
Fatty acids, total monounsaturated....g	18.438		0	NC	4		2.508	40.195	
14:1....g	0.008		1	A	1		0.001	0.017	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.060		0	AS	1		0.008	0.131	
16:1 c....g	0.060		1	A	1		0.008	0.131	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	18.316		0	AS	1		2.491	39.929	
18:1 c....g	18.286		1	A	1		2.487	39.863	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.030		1	A	1		0.004	0.065	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated....g	0.031		0	AS	1		0.004	0.068	
22:1 c....g	0.017		1	A	1		0.002	0.037	
22:1 t....g	0.014		1	A	1		0.002	0.031	
24:1 c....g	0.023		1	A	1		0.003	0.050	
Fatty acids, total polyunsaturated....g	67.849		0	NC	4		9.227	147.911	
18:2 undifferentiated....g	14.327		0	AS	1		1.948	31.233	
18:2 n-6 c,c....g	14.246		1	A	1		1.937	31.056	
18:2 CLAs....g	0.031		1	A	1		0.004	0.068	
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	0.050		1	A	1		0.007	0.109	
18:3 undifferentiated....g	53.368		0	AS	1		7.258	116.342	
18:3 n-3 c,c,c (ALA)....g	53.368		1	A	1		7.258	116.342	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.031		1	A	1		0.004	0.068	
20:3 undifferentiated....g	0.096		0	AS	1		0.013	0.209	
20:3 n-3....g	0.081		1	A	1		0.011	0.177	
20:3 n-6....g	0.015		1	A	1		0.002	0.033	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.013		1	A	1		0.002	0.028	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.094		0	NC	4		0.013	0.205	
Fatty acids, total trans-monoenoic....g	0.044		0	NC	4		0.006	0.096	
Fatty acids, total trans-polyenoic....g	0.050		0	NC	4		0.007	0.109	
Cholesterol....mg	0		1	A	1		0	0	
Phytosterols....mg									
Stigmasterol....mg	30		1	A	1		4	65	

NDB No. 42231
Oil, flaxseed, cold pressed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	98		1	A	1		13	213	
Beta-sitosterol.....mg	206		1	A	1		28	449	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04707
Oil, flaxseed, contains added sliced flaxseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.16		1	A	1				
Energy....kcal	878		0	NC	4				
Energy....kJ	3675		0	NC	4				
Protein (N x 5.3)....g	0.37		1	A	1				
Total lipid (fat)....g	99.01		1	A	1				
Ash....g	0.07		1	A	1				
Carbohydrate, by difference....g	0.39		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1				
Iron, Fe....mg	0.34		1	A	1				
Magnesium, Mg....mg	15		1	A	1				
Phosphorus, P....mg	27		1	A	1				
Potassium, K....mg	31		1	A	1				
Sodium, Na....mg	6		1	A	1				
Zinc, Zn....mg	0.31		1	A	1				
Copper, Cu....mg	0.067		1	A	1				
Manganese, Mn....mg	0.141		1	A	1				
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	9.047		0	NC	4				
4:0....g	0.000		1	A	1				
6:0....g	0.000		1	A	1				
8:0....g	0.000		1	A	1				
10:0....g	0.010		1	A	1				
12:0....g	0.008		1	A	1				
13:0....g									
14:0....g	0.057		1	A	1				
15:0....g	0.024		1	A	1				
16:0....g	5.058		1	A	1				
17:0....g	0.057		1	A	1				
18:0....g	3.443		1	A	1				
20:0....g	0.145		1	A	1				
22:0....g	0.146		1	A	1				
24:0....g	0.099		1	A	1				
Fatty acids, total monounsaturated....g	20.634		0	NC	4				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.057		0	AS	1				
16:1 c....g	0.057		1	A	1				
16:1 t....g	0.000		1	A	1				
17:1....g	0.041		1	A	1				
18:1 undifferentiated....g	20.457		0	AS	1				
18:1 c....g	20.369		1	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.088		1	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g									
22:1 undifferentiated....g	0.029		0	AS	1				
22:1 c....g	0.018		1	A	1				
22:1 t....g	0.011		1	A	1				
24:1 c....g	0.050		1	A	1				
Fatty acids, total polyunsaturated....g	64.876		0	NC	4				
18:2 undifferentiated....g	15.782		0	AS	1				
18:2 n-6 c,c....g	15.679		1	A	1				
18:2 CLAs....g	0.018		1	A	1				

NDB No. 04707
Oil, flaxseed, contains added sliced flaxseed

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g									
18:2 i	g									
18:2 t not further defined	g	0.085		1	A	1				
18:3 undifferentiated	g	48.930		0	AS	1				
18:3 n-3 c,c,c (ALA)	g	48.930		1	A	1				
18:3 n-6 c,c,c	g	0.000		1	A	1				
18:3i	g									
18:4	g	0.000		1	A	1				
20:2 n-6 c,c	g	0.034		1	A	1				
20:3 undifferentiated	g	0.103		0	AS	1				
20:3 n-3	g	0.077		1	A	1				
20:3 n-6	g	0.026		1	A	1				
20:4 undifferentiated	g	0.000		1	A	1				
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		1	A	1				
21:5	g									
22:4	g	0.015		1	A	1				
22:5 n-3 (DPA)	g	0.000		1	A	1				
22:6 n-3 (DHA)	g	0.000		1	A	1				
Fatty acids, total trans	g	0.184		0	NC	4				
Fatty acids, total trans-monoenoic	g	0.099		0	NC	4				
Fatty acids, total trans-polyenoic	g	0.085		0	NC	4				
Cholesterol	mg	0		1	A	1				
Phytosterols	mg									
Stigmasterol	mg	31		1	A	1				
Campesterol	mg	112		1	A	1				
Beta-sitosterol	mg	235		1	A	1				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04517
Oil, grapeseed

Refuse: 0%

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

NDB No. 04517
Oil, grapeseed

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

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

NDB No. 04517
Oil, grapeseed

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04532
Oil, hazelnut

Refuse: 0%

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

NDB No. 04532
Oil, hazelnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		7		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.100	0.042	12		1		0.014	0.218	0.005
15:0 g									
16:0 g	5.200	0.055	111		1		0.707	11.336	0.234
17:0 g									
18:0 g	2.000	0.054	110		1		0.272	4.360	0.090
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	78.000		0		1		10.608	170.040	3.510
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.010	104		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	77.800	0.299	111		1		10.581	169.604	3.501
20:1 g	0.000	0.003	96		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	10.200		0		1		1.387	22.236	0.459
18:2 undifferentiated g	10.100	0.318	111		1		1.374	22.018	0.455
18:3 undifferentiated g	0.000	0.006	101		1		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	120		0		4		16	262	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04532
Oil, hazelnut

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04645

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

Refuse: 0%

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

NDB No. 04645

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.117		0	NC	4		22.055	1.376	0.455
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.066		1	A	1		0.144	0.009	0.003
15:0....g	0.047		1	A	1		0.103	0.006	0.002
16:0....g	5.101		1	A	1		11.120	0.694	0.230
17:0....g	0.076		1	A	1		0.166	0.010	0.003
18:0....g	3.831		1	A	1		8.352	0.521	0.172
20:0....g	0.641		1	A	1		1.398	0.087	0.029
22:0....g	0.355		1	A	1		0.775	0.048	0.016
24:0....g									
Fatty acids, total monounsaturated....g	71.075		0	NC	4		154.944	9.666	3.198
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.218		0	AS	1		0.475	0.030	0.010
16:1 c....g	0.218		1	A	1		0.475	0.030	0.010
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	70.081		0	AS	1		152.775	9.531	3.154
18:1 c....g	47.292		1	A	1		103.097	6.432	2.128
18:1-11c (18:1c n-7)....g									
18:1 t....g	22.789		1	A	1		49.679	3.099	1.025
18:1-11t (18:1t n-7)....g									
20:1....g	0.777		1	A	1		1.693	0.106	0.035
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.038		0	NC	4		30.602	1.909	0.632
18:2 undifferentiated....g	12.543		0	AS	1		27.344	1.706	0.564
18:2 n-6 c,c....g	8.781		1	A	1		19.143	1.194	0.395
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	3.762		1	A	1		8.201	0.512	0.169
18:2 t not further defined....g									
18:3 undifferentiated....g	1.495		0	AS	1		3.258	0.203	0.067
18:3 n-3 c,c,c (ALA)....g	1.028		1	A	1		2.241	0.140	0.046
18:3 n-6 c,c,c....g									
18:3i....g	0.466		1	A	1		1.017	0.063	0.021
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	27.017		0	NC	4		58.897	3.674	1.216
Fatty acids, total trans-monoenoic....g	22.789		0	NC	4		49.679	3.099	1.025
Fatty acids, total trans-polyenoic....g	4.228		0	NC	4		9.218	0.575	0.190
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0

NDB No. 04645

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

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tablespoon

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04644

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

Refuse: 0%

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

NDB No. 04644

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.758		0	NC	4		1.055	0.349	16.912
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.037		1	A	1		0.005	0.002	0.081
13:0....g									
14:0....g	0.066		1	A	1		0.009	0.003	0.144
15:0....g	0.037		1	A	1		0.005	0.002	0.081
16:0....g	4.191		1	A	1		0.570	0.189	9.136
17:0....g	0.057		1	A	1		0.008	0.003	0.124
18:0....g	2.306		1	A	1		0.314	0.104	5.028
20:0....g	0.727		1	A	1		0.099	0.033	1.586
22:0....g	0.336		1	A	1		0.046	0.015	0.733
24:0....g									
Fatty acids, total monounsaturated....g	61.150		0	NC	4		8.316	2.752	133.306
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.284		0	AS	1		0.039	0.013	0.620
16:1 c....g	0.284		1	A	1		0.039	0.013	0.620
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	59.782		0	AS	1		8.130	2.690	130.325
18:1 c....g	59.496		1	A	1		8.091	2.677	129.701
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.286		1	A	1		0.039	0.013	0.623
18:1-11t (18:1t n-7)....g									
20:1....g	1.083		1	A	1		0.147	0.049	2.362
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	26.397		0	NC	4		3.590	1.188	57.546
18:2 undifferentiated....g	18.762		0	AS	1		2.552	0.844	40.902
18:2 n-6 c,c....g	18.572		1	A	1		2.526	0.836	40.487
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.190		1	A	1		0.026	0.009	0.415
18:2 t not further defined....g									
18:3 undifferentiated....g	7.635		0	AS	1		1.038	0.344	16.644
18:3 n-3 c,c,c (ALA)....g	6.340		1	A	1		0.862	0.285	13.822
18:3 n-6 c,c,c....g									
18:3i....g	1.295		1	A	1		0.176	0.058	2.822
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	1.771		0	NC	4		0.241	0.080	3.861
Fatty acids, total trans-monoenoic....g	0.286		0	NC	4		0.039	0.013	0.623
Fatty acids, total trans-polyenoic....g	1.485		0	NC	4		0.202	0.067	3.238
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0

NDB No. 04644

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04643

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

Refuse: 0%

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

NDB No. 04643

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.615		0	NC	4		1.036	16.600	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.037		1	A	1		0.005	0.081	
13:0....g									
14:0....g	0.066		1	A	1		0.009	0.144	
15:0....g	0.037		1	A	1		0.005	0.081	
16:0....g	4.134		1	A	1		0.562	9.011	
17:0....g	0.048		1	A	1		0.006	0.104	
18:0....g	2.249		1	A	1		0.306	4.903	
20:0....g	0.727		1	A	1		0.099	1.586	
22:0....g	0.317		1	A	1		0.043	0.691	
24:0....g	0.200		0	BFZN	4		0.027	0.436	
Fatty acids, total monounsaturated....g	62.093		0	NC	4		8.445	135.363	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.218		0	AS	1		0.030	0.475	
16:1 c....g	0.218		1	A	1		0.030	0.475	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	60.754		0	AS	1		8.262	132.443	
18:1 c....g	60.592		1	A	1		8.240	132.090	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.162		1	A	1		0.022	0.353	
18:1-11t (18:1t n-7)....g									
20:1....g	1.122		1	A	1		0.153	2.445	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	25.588		0	NC	4		3.480	55.781	
18:2 undifferentiated....g	17.915		0	AS	1		2.436	39.054	
18:2 n-6 c,c....g	17.734		1	A	1		2.412	38.659	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.181		1	A	1		0.025	0.394	
18:2 t not further defined....g									
18:3 undifferentiated....g	6.397		0	AS	1		0.870	13.946	
18:3 n-3 c,c,c (ALA)....g	6.397		1	A	1		0.870	13.946	
18:3 n-6 c,c,c....g									
18:3i....g	1.276		1	A	1		0.173	2.781	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	1.618		0	NC	4		0.220	3.528	
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.022	0.353	
Fatty acids, total trans-polyenoic....g	1.457		0	NC	4		0.198	3.175	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	

NDB No. 04643

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04698
Oil, industrial, canola, high oleic

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	900		0	NC	4		126	1962	41
Energy	kJ	3766		0	NC	4		527	8209	169
Protein (N x 6.25)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0	MC	9		14.00	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	µg	0		0	BFZN	4		0	0	0
Folic acid	µg	0		0	BFZN	4		0	0	0
Folate, food	µg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	µg	0		0	BFZN	4		0	0	0
Carotene, beta	µg	0		0	BFZN	4		0	0	0
Carotene, alpha	µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	17.46		0	BFZN	4		2.44	38.07	0.79
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone)	µg	71.3		0	BFZN	4		10.0	155.5	3.2
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04698
Oil, industrial, canola, high oleic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.787		0	NC	4		0.950	14.795	0.305
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g									
16:0....g	3.621		1	MA	12		0.507	7.894	0.163
17:0....g									
18:0....g	2.010		1	MA	12		0.281	4.383	0.090
20:0....g	0.673		1	MA	12		0.094	1.466	0.030
22:0....g	0.289		1	MA	12		0.040	0.631	0.013
24:0....g	0.193		1	MA	12		0.027	0.421	0.009
Fatty acids, total monounsaturated....g	72.734		0	NC	4		10.183	158.561	3.273
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.191		0	AS	1		0.027	0.415	0.009
16:1 c....g	0.191		1	MA	12		0.027	0.415	0.009
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	71.775		0	AS	1		10.049	156.470	3.230
18:1 c....g	71.488		1	MA	12		10.008	155.844	3.217
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.287		1	MA	12		0.040	0.626	0.013
18:1-11t (18:1t n-7)....g									
20:1....g	0.673		1	MA	12		0.094	1.466	0.030
22:1 undifferentiated....g	0.096		1	MA	12		0.013	0.210	0.004
24:1 c....g									
Fatty acids, total polyunsaturated....g	15.785		0	NC	4		2.210	34.411	0.710
18:2 undifferentiated....g	13.394		0	AS	1		1.875	29.198	0.603
18:2 n-6 c,c....g	12.915		1	MA	12		1.808	28.156	0.581
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.478		1	MA	12		0.067	1.043	0.022
18:3 undifferentiated....g	2.391		0	AS	1		0.335	5.212	0.108
18:3 n-3 c,c,c (ALA)....g	2.200		1	MA	12		0.308	4.795	0.099
18:3 n-6 c,c,c....g									
18:3i....g	0.191		1	MA	12		0.027	0.417	0.009
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.957		0	NC	4		0.134	2.086	0.043
Fatty acids, total trans-monoenoic....g	0.287		0	NC	4		0.040	0.626	0.013
Fatty acids, total trans-polyenoic....g	0.670		0	NC	4		0.094	1.460	0.030
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0

NDB No. 04698
Oil, industrial, canola, high oleic

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04661

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

Refuse: 0%

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

NDB No. 04661

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	93.536		0	NC	4		12.721	203.908	4.209
4:0....g	0.060		1	A	1		0.008	0.131	0.003
6:0....g	0.634		1	A	1		0.086	1.381	0.029
8:0....g	7.574		1	A	1		1.030	16.511	0.341
10:0....g	5.539		1	A	1		0.753	12.075	0.249
12:0....g	44.216		1	A	1		6.013	96.391	1.990
13:0....g									
14:0....g	16.411		1	A	1		2.232	35.777	0.739
15:0....g									
16:0....g	8.561		1	A	1		1.164	18.664	0.385
17:0....g									
18:0....g	10.397		1	A	1		1.414	22.666	0.468
20:0....g	0.144		1	A	1		0.020	0.313	0.006
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.267		0	NC	4		0.036	0.581	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.267		0	AS	1		0.036	0.581	0.012
18:1 c....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.267		1	A	1		0.036	0.581	0.012
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-monoenoic....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04661

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04659

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

Refuse: 0%

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

NDB No. 04659

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	86.503		0	NC	4		11.764	188.576	3.893
4:0....g	0.063		1	A	1		0.009	0.138	0.003
6:0....g	0.752		1	A	1		0.102	1.638	0.034
8:0....g	7.889		1	A	1		1.073	17.198	0.355
10:0....g	5.596		1	A	1		0.761	12.198	0.252
12:0....g	44.482		1	A	1		6.049	96.970	2.002
13:0....g									
14:0....g	16.659		1	A	1		2.266	36.317	0.750
15:0....g									
16:0....g	8.182		1	A	1		1.113	17.837	0.368
17:0....g									
18:0....g	2.843		1	A	1		0.387	6.198	0.128
20:0....g	0.037		1	A	1		0.005	0.081	0.002
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.681		0	NC	4		0.773	12.385	0.256
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	5.681		0	AS	1		0.773	12.385	0.256
18:1 c....g	5.681		1	A	1		0.773	12.385	0.256
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.450		0	NC	4		0.197	3.162	0.065
18:2 undifferentiated....g	1.450		0	AS	1		0.197	3.162	0.065
18:2 n-6 c,c....g	1.450		1	A	1		0.197	3.162	0.065
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04659

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04646

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

Refuse: 0%

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

NDB No. 04646

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	86.002		0	NC	4		11.696	187.485	3.870
4:0....g	0.060		1	A	1		0.008	0.131	0.003
6:0....g	0.750		1	A	1		0.102	1.634	0.034
8:0....g	8.212		1	A	1		1.117	17.902	0.370
10:0....g	5.594		1	A	1		0.761	12.196	0.252
12:0....g	43.749		1	A	1		5.950	95.372	1.969
13:0....g									
14:0....g	16.760		1	A	1		2.279	36.537	0.754
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	8.400		1	A	1		1.142	18.312	0.378
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	2.478		1	A	1		0.337	5.402	0.112
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	5.935		0	NC	4		0.807	12.939	0.267
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	5.935		0	AS	1		0.807	12.939	0.267
18:1 c....g	5.935		1	A	1		0.807	12.939	0.267
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.657		0	NC	4		0.225	3.612	0.075
18:2 undifferentiated....g	1.657		0	AS	1		0.225	3.612	0.075
18:2 n-6 c,c....g	1.657		1	A	1		0.225	3.612	0.075
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04646

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04702
Oil, industrial, cottonseed, fully hydrogenated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	BFZN	4		120	1927	40
Energy....kJ	3699		0	BFZN	4		503	8063	166
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	MC	9		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....µg	0		0	BFZN	4		0	0	0
Folic acid....µg	0		0	BFZN	4		0	0	0
Folate, food....µg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....µg	0		0	BFZN	4		0	0	0
Carotene, beta....µg	0		0	BFZN	4		0	0	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	35.30		0	BFZN	4		4.80	76.95	1.59
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone)....µg	24.7		0	BFZN	4		3.4	53.9	1.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04702
Oil, industrial, cottonseed, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	93.608		0	NC	4		12.731	204.065	4.212
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.758		1	MA	12		0.103	1.652	0.034
15:0....g									
16:0....g	22.965		1	MA	12		3.123	50.063	1.033
17:0....g									
18:0....g	69.596		1	MA	12		9.465	151.719	3.132
20:0....g									
22:0....g	0.193		1	MA	12		0.026	0.420	0.009
24:0....g	0.097		1	MA	12		0.013	0.211	0.004
Fatty acids, total monounsaturated....g	1.529		0	NC	4		0.208	3.332	0.069
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.572		0	AS	1		0.078	1.246	0.026
16:1 c....g	0.572		1	MA	12		0.078	1.246	0.026
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	0.957		0	AS	1		0.130	2.086	0.043
18:1 c....g	0.287		1	MA	12		0.039	0.626	0.013
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.670		1	MA	12		0.091	1.460	0.030
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.587		0	NC	4		0.080	1.280	0.026
18:2 undifferentiated....g	0.287		0	AS	1		0.039	0.626	0.013
18:2 n-6 c,c....g	0.287		1	MA	12		0.039	0.626	0.013
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.200		0	BFZN	4		0.027	0.436	0.009
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0	BFZN	4		0.014	0.218	0.005
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.670		0	NC	4		0.091	1.460	0.030
Fatty acids, total trans-monoenoic....g	0.670		0	NC	4		0.091	1.460	0.030
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04702

Oil, industrial, cottonseed, fully hydrogenated

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04642
Oil, industrial, mid-oleic, sunflower

NuSun
Refuse: 0%

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

NDB No. 04642
Oil, industrial, mid-oleic, sunflower

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.009		0	NC	4		1.225	0.405	19.640
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.057		1	A	1		0.008	0.003	0.123
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	4.219		1	A	1		0.574	0.190	9.197
17:0....g	0.037		1	A	1		0.005	0.002	0.081
18:0....g	3.564		1	A	1		0.485	0.160	7.770
20:0....g	0.297		1	A	1		0.040	0.013	0.647
22:0....g	0.836		1	A	1		0.114	0.038	1.821
24:0....g									
Fatty acids, total monounsaturated....g	57.334		0	NC	4		7.797	2.580	124.989
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	AS	1		0.013	0.004	0.206
16:1 c....g	0.095		1	A	1		0.013	0.004	0.206
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	57.029		0	AS	1		7.756	2.566	124.322
18:1 c....g	57.029		1	A	1		7.756	2.566	124.322
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.211		1	A	1		0.029	0.009	0.460
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.962		0	NC	4		3.939	1.303	63.136
18:2 undifferentiated....g	28.924		0	AS	1		3.934	1.302	63.055
18:2 n-6 c,c....g	28.705		1	A	1		3.904	1.292	62.578
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.219		1	A	1		0.030	0.010	0.477
18:2 t not further defined....g									
18:3 undifferentiated....g	0.037		0	AS	1		0.005	0.002	0.081
18:3 n-3 c,c,c (ALA)....g	0.037		1	A	1		0.005	0.002	0.081
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.219		0	NC	4		0.030	0.010	0.477
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.219		0	NC	4		0.030	0.010	0.477
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0

NDB No. 04642
Oil, industrial, mid-oleic, sunflower

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04662

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

Refuse: 0%

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

NDB No. 04662

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	71.444		0	NC	4		9.716	155.747	3.215
4:0....g	0.042		1	A	1		0.006	0.092	0.002
6:0....g	0.236		1	A	1		0.032	0.515	0.011
8:0....g	2.682		1	A	1		0.365	5.846	0.121
10:0....g	1.999		1	A	1		0.272	4.357	0.090
12:0....g	23.231		1	A	1		3.159	50.644	1.045
13:0....g									
14:0....g	7.423		1	A	1		1.009	16.181	0.334
15:0....g									
16:0....g	29.450		1	A	1		4.005	64.202	1.325
17:0....g									
18:0....g	6.080		1	A	1		0.827	13.254	0.274
20:0....g	0.300		1	A	1		0.041	0.654	0.014
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.702		0	NC	4		2.680	42.951	0.887
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	19.702		0	AS	1		2.680	42.951	0.887
18:1 c....g	19.702		1	A	1		2.680	42.951	0.887
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.247		0	NC	4		0.442	7.079	0.146
18:2 undifferentiated....g	3.247		0	AS	1		0.442	7.079	0.146
18:2 n-6 c,c....g	3.247		1	A	1		0.442	7.079	0.146
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04662

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04660

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

Refuse: 0%

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

NDB No. 04660

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	88.965		0	NC	4		12.099	193.943	4.003
4:0....g	0.073		1	A	1		0.010	0.159	0.003
6:0....g	0.325		1	A	1		0.044	0.708	0.015
8:0....g	3.895		1	A	1		0.530	8.491	0.175
10:0....g	3.322		1	A	1		0.452	7.241	0.149
12:0....g	45.314		1	A	1		6.163	98.785	2.039
13:0....g									
14:0....g	13.916		1	A	1		1.893	30.336	0.626
15:0....g									
16:0....g	7.353		1	A	1		1.000	16.030	0.331
17:0....g									
18:0....g	14.561		1	A	1		1.980	31.742	0.655
20:0....g	0.207		1	A	1		0.028	0.450	0.009
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.934		0	NC	4		0.671	10.756	0.222
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	4.934		0	AS	1		0.671	10.756	0.222
18:1 c....g	1.254		1	A	1		0.170	2.733	0.056
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.680		1	A	1		0.501	8.023	0.166
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monoenoic....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04660

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04658

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

Refuse: 0%

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

NDB No. 04658

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	92.614		0	NC	4		12.595	201.898	4.168
4:0....g	0.077		1	A	1		0.011	0.169	0.003
6:0....g	0.258		1	A	1		0.035	0.563	0.012
8:0....g	3.260		1	A	1		0.443	7.107	0.147
10:0....g	3.157		1	A	1		0.429	6.882	0.142
12:0....g	48.445		1	A	1		6.589	105.611	2.180
13:0....g									
14:0....g	16.205		1	A	1		2.204	35.327	0.729
15:0....g									
16:0....g	7.696		1	A	1		1.047	16.777	0.346
17:0....g									
18:0....g	13.477		1	A	1		1.833	29.380	0.606
20:0....g	0.037		1	A	1		0.005	0.081	0.002
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.271		0	NC	4		0.173	2.770	0.057
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	1.271		0	AS	1		0.173	2.770	0.057
18:1 c....g	1.271		1	A	1		0.173	2.770	0.057
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.037		0	NC	4		0.005	0.081	0.002
18:2 undifferentiated....g	0.037		0	AS	1		0.005	0.081	0.002
18:2 n-6 c,c....g	0.037		1	A	1		0.005	0.081	0.002
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04658

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04657

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

Refuse: 0%

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

NDB No. 04657

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	93.701		0	NC	4		12.743	204.268	4.217
4:0....g	0.069		1	A	1		0.009	0.150	0.003
6:0....g	0.321		1	A	1		0.044	0.700	0.014
8:0....g	3.873		1	A	1		0.527	8.444	0.174
10:0....g	3.125		1	A	1		0.425	6.813	0.141
12:0....g	42.515		1	A	1		5.782	92.682	1.913
13:0....g									
14:0....g	14.782		1	A	1		2.010	32.224	0.665
15:0....g									
16:0....g	8.173		1	A	1		1.111	17.816	0.368
17:0....g									
18:0....g	20.585		1	A	1		2.800	44.875	0.926
20:0....g	0.258		1	A	1		0.035	0.563	0.012
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.257		0	NC	4		0.035	0.561	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.257		0	AS	1		0.035	0.561	0.012
18:1 c....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.257		1	A	1		0.035	0.561	0.012
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-monoenoic....g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04657

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	88.209		0	NC	4		11.996	192.296	3.969
4:0....g	0.063		1	A	1		0.009	0.137	0.003
6:0....g	0.318		1	A	1		0.043	0.693	0.014
8:0....g	3.760		1	A	1		0.511	8.196	0.169
10:0....g	3.291		1	A	1		0.448	7.174	0.148
12:0....g	44.702		1	A	1		6.079	97.450	2.012
13:0....g									
14:0....g	14.094		1	A	1		1.917	30.725	0.634
15:0....g									
16:0....g	7.664		1	A	1		1.042	16.707	0.345
17:0....g									
18:0....g	14.319		1	A	1		1.947	31.214	0.644
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.705		0	NC	4		0.776	12.437	0.257
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	5.705		0	AS	1		0.776	12.437	0.257
18:1 c....g	1.047		1	A	1		0.142	2.282	0.047
18:1-11c (18:1c n-7)....g									
18:1 t....g	4.658		1	A	1		0.634	10.155	0.210
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-monoenoic....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04656

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

Refuse: 0%

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

NDB No. 04656

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	87.558		0	NC	4		11.908	190.876	3.940
4:0....g	0.076		1	A	1		0.010	0.165	0.003
6:0....g	0.156		1	A	1		0.021	0.341	0.007
8:0....g	2.493		1	A	1		0.339	5.434	0.112
10:0....g	3.109		1	A	1		0.423	6.778	0.140
12:0....g	53.428		1	A	1		7.266	116.472	2.404
13:0....g									
14:0....g	18.921		1	A	1		2.573	41.248	0.851
15:0....g									
16:0....g	7.472		1	A	1		1.016	16.289	0.336
17:0....g									
18:0....g	1.866		1	A	1		0.254	4.069	0.084
20:0....g	0.037		1	A	1		0.005	0.081	0.002
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.406		0	NC	4		0.735	11.786	0.243
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	5.406		0	AS	1		0.735	11.786	0.243
18:1 c....g	5.406		1	A	1		0.735	11.786	0.243
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.834		0	NC	4		0.113	1.817	0.038
18:2 undifferentiated....g	0.834		0	AS	1		0.113	1.817	0.038
18:2 n-6 c,c....g	0.834		1	A	1		0.113	1.817	0.038
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04656

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04652

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	24.750		0	NC	4		3.366	53.956	1.114
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.104		1	A	1		0.014	0.226	0.005
15:0....g	0.037		1	A	1		0.005	0.081	0.002
16:0....g	11.178		1	A	1		1.520	24.368	0.503
17:0....g	0.124		1	A	1		0.017	0.269	0.006
18:0....g	12.589		1	A	1		1.712	27.444	0.567
20:0....g	0.354		1	A	1		0.048	0.772	0.016
22:0....g	0.365		1	A	1		0.050	0.795	0.016
24:0....g									
Fatty acids, total monounsaturated....g	61.248		0	NC	4		8.330	133.520	2.756
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.085		0	AS	1		0.012	0.186	0.004
16:1 c....g	0.085		1	A	1		0.012	0.186	0.004
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	61.125		0	AS	1		8.313	133.253	2.751
18:1 c....g	31.487		1	A	1		4.282	68.641	1.417
18:1-11c (18:1c n-7)....g									
18:1 t....g	29.638		1	A	1		4.031	64.612	1.334
18:1-11t (18:1t n-7)....g									
20:1....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.295		0	NC	4		1.264	20.263	0.418
18:2 undifferentiated....g	8.591		0	AS	1		1.168	18.727	0.387
18:2 n-6 c,c....g	4.562		1	A	1		0.620	9.945	0.205
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	4.029		1	A	1		0.548	8.782	0.181
18:2 t not further defined....g									
18:3 undifferentiated....g	0.209		0	AS	1		0.028	0.456	0.009
18:3 n-3 c,c,c (ALA)....g	0.209		1	A	1		0.028	0.456	0.009
18:3 n-6 c,c,c....g									
18:3i....g	0.495		1	A	1		0.067	1.079	0.022
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	34.162		0	NC	4		4.646	74.473	1.537
Fatty acids, total trans-monoenoic....g	29.638		0	NC	4		4.031	64.612	1.334
Fatty acids, total trans-polyenoic....g	4.524		0	NC	4		0.615	9.861	0.204
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04653

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

Refuse: 0%

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

NDB No. 04653

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.341		0	NC	4		2.086	33.443	0.690
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.094		1	A	1		0.013	0.205	0.004
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	10.154		1	A	1		1.381	22.136	0.457
17:0....g	0.086		1	A	1		0.012	0.186	0.004
18:0....g	4.346		1	A	1		0.591	9.473	0.196
20:0....g	0.325		1	A	1		0.044	0.709	0.015
22:0....g	0.336		1	A	1		0.046	0.733	0.015
24:0....g									
Fatty acids, total monounsaturated....g	34.630		0	NC	4		4.710	75.493	1.558
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	34.535		0	AS	1		4.697	75.287	1.554
18:1 c....g	26.228		1	A	1		3.567	57.177	1.180
18:1-11c (18:1c n-7)....g									
18:1 t....g	8.308		1	A	1		1.130	18.110	0.374
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	45.228		0	NC	4		6.151	98.596	2.035
18:2 undifferentiated....g	40.953		0	AS	1		5.570	89.278	1.843
18:2 n-6 c,c....g	38.944		1	A	1		5.296	84.897	1.752
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.010		1	A	1		0.273	4.381	0.090
18:2 t not further defined....g									
18:3 undifferentiated....g	3.837		0	AS	1		0.522	8.364	0.173
18:3 n-3 c,c,c (ALA)....g	3.837		1	A	1		0.522	8.364	0.173
18:3 n-6 c,c,c....g									
18:3i....g	0.438		1	A	1		0.060	0.955	0.020
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	10.755		0	NC	4		1.463	23.446	0.484
Fatty acids, total trans-monoenoic....g	8.308		0	NC	4		1.130	18.110	0.374
Fatty acids, total trans-polyenoic....g	2.447		0	NC	4		0.333	5.335	0.110
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04653

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04664

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

Refuse: 0%

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

NDB No. 04664

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	28.421		0	NC	4		3.865	61.957	1.279
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.056		1	A	1		0.008	0.122	0.003
13:0....g									
14:0....g	0.254		1	A	1		0.035	0.554	0.011
15:0....g	0.037		1	A	1		0.005	0.081	0.002
16:0....g	15.833		1	A	1		2.153	34.516	0.712
17:0....g	0.105		1	A	1		0.014	0.228	0.005
18:0....g	11.503		1	A	1		1.564	25.076	0.518
20:0....g	0.354		1	A	1		0.048	0.772	0.016
22:0....g	0.279		1	A	1		0.038	0.607	0.013
24:0....g									
Fatty acids, total monounsaturated....g	59.715		0	NC	4		8.121	130.180	2.687
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	59.477		0	AS	1		8.089	129.660	2.676
18:1 c....g	31.134		1	A	1		4.234	67.873	1.401
18:1-11c (18:1c n-7)....g									
18:1 t....g	28.343		1	A	1		3.855	61.787	1.275
18:1-11t (18:1t n-7)....g									
20:1....g	0.134		1	A	1		0.018	0.293	0.006
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.095		0	NC	4		0.965	15.467	0.319
18:2 undifferentiated....g	6.610		0	AS	1		0.899	14.409	0.297
18:2 n-6 c,c....g	4.210		1	A	1		0.573	9.177	0.189
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.400		1	A	1		0.326	5.232	0.108
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g	0.486		1	A	1		0.066	1.058	0.022
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	31.228		0	NC	4		4.247	68.078	1.405
Fatty acids, total trans-monoenoic....g	28.343		0	NC	4		3.855	61.787	1.275
Fatty acids, total trans-polyenoic....g	2.886		0	NC	4		0.392	6.290	0.130
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04664

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04654

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

Refuse: 0%

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

NDB No. 04654

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	25.883		0	NC	4		3.520	56.425	1.165
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.037		1	A	1		0.005	0.081	0.002
13:0....g									
14:0....g	0.170		1	A	1		0.023	0.370	0.008
15:0....g	0.037		1	A	1		0.005	0.081	0.002
16:0....g	13.017		1	A	1		1.770	28.378	0.586
17:0....g	0.133		1	A	1		0.018	0.290	0.006
18:0....g	11.770		1	A	1		1.601	25.658	0.530
20:0....g	0.354		1	A	1		0.048	0.772	0.016
22:0....g	0.365		1	A	1		0.050	0.795	0.016
24:0....g									
Fatty acids, total monounsaturated....g	59.133		0	NC	4		8.042	128.910	2.661
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.076		0	AS	1		0.010	0.165	0.003
16:1 c....g	0.076		1	A	1		0.010	0.165	0.003
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	59.020		0	AS	1		8.027	128.663	2.656
18:1 c....g	31.734		1	A	1		4.316	69.181	1.428
18:1-11c (18:1c n-7)....g									
18:1 t....g	27.285		1	A	1		3.711	59.482	1.228
18:1-11t (18:1t n-7)....g									
20:1....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.305		0	NC	4		1.401	22.464	0.464
18:2 undifferentiated....g	9.610		0	AS	1		1.307	20.949	0.432
18:2 n-6 c,c....g	6.619		1	A	1		0.900	14.430	0.298
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.991		1	A	1		0.407	6.519	0.135
18:2 t not further defined....g									
18:3 undifferentiated....g	0.162		0	AS	1		0.022	0.353	0.007
18:3 n-3 c,c,c (ALA)....g	0.162		1	A	1		0.022	0.353	0.007
18:3 n-6 c,c,c....g									
18:3i....g	0.533		1	A	1		0.073	1.162	0.024
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	30.809		0	NC	4		4.190	67.163	1.386
Fatty acids, total trans-monoenoic....g	27.285		0	NC	4		3.711	59.482	1.228
Fatty acids, total trans-polyenoic....g	3.524		0	NC	4		0.479	7.681	0.159
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	152		0	BFZN	4		21	331	7
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04654

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04651

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

Refuse: 0%

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

NDB No. 04651

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	18.101		0	NC	4		2.462	39.461	0.815
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.075		1	A	1		0.010	0.164	0.003
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	10.970		1	A	1		1.492	23.914	0.494
17:0....g	0.095		1	A	1		0.013	0.207	0.004
18:0....g	6.156		1	A	1		0.837	13.421	0.277
20:0....g	0.402		1	A	1		0.055	0.876	0.018
22:0....g	0.403		1	A	1		0.055	0.879	0.018
24:0....g									
Fatty acids, total monounsaturated....g	40.262		0	NC	4		5.476	87.771	1.812
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	39.928		0	AS	1		5.430	87.042	1.797
18:1 c....g	30.324		1	A	1		4.124	66.107	1.365
18:1-11c (18:1c n-7)....g									
18:1 t....g	9.603		1	A	1		1.306	20.935	0.432
18:1-11t (18:1t n-7)....g									
20:1....g	0.230		1	A	1		0.031	0.502	0.010
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	36.847		0	NC	4		5.011	80.327	1.658
18:2 undifferentiated....g	34.563		0	AS	1		4.701	75.346	1.555
18:2 n-6 c,c....g	31.791		1	A	1		4.324	69.305	1.431
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.771		1	A	1		0.377	6.042	0.125
18:2 t not further defined....g									
18:3 undifferentiated....g	1.733		0	AS	1		0.236	3.777	0.078
18:3 n-3 c,c,c (ALA)....g	1.733		1	A	1		0.236	3.777	0.078
18:3 n-6 c,c,c....g									
18:3i....g	0.552		1	A	1		0.075	1.204	0.025
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	12.927		0	NC	4		1.758	28.180	0.582
Fatty acids, total trans-monoenoic....g	9.603		0	NC	4		1.306	20.935	0.432
Fatty acids, total trans-polyenoic....g	3.324		0	NC	4		0.452	7.245	0.150
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04651

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04648

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

Refuse: 0%

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

NDB No. 04648

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	17.683		0	NC	4		2.405	38.548	0.796
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.094		1	A	1		0.013	0.205	0.004
15:0....g	0.037		1	A	1		0.005	0.081	0.002
16:0....g	10.543		1	A	1		1.434	22.983	0.474
17:0....g	0.105		1	A	1		0.014	0.228	0.005
18:0....g	6.175		1	A	1		0.840	13.462	0.278
20:0....g	0.364		1	A	1		0.049	0.793	0.016
22:0....g	0.365		1	A	1		0.050	0.795	0.016
24:0....g									
Fatty acids, total monounsaturated....g	41.929		0	NC	4		5.702	91.405	1.887
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	41.633		0	AS	1		5.662	90.760	1.873
18:1 c....g	31.620		1	A	1		4.300	68.932	1.423
18:1-11c (18:1c n-7)....g									
18:1 t....g	10.013		1	A	1		1.362	21.828	0.451
18:1-11t (18:1t n-7)....g									
20:1....g	0.201		1	A	1		0.027	0.439	0.009
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	35.638		0	NC	4		4.847	77.690	1.604
18:2 undifferentiated....g	33.020		0	AS	1		4.491	71.983	1.486
18:2 n-6 c,c....g	30.153		1	A	1		4.101	65.733	1.357
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.867		1	A	1		0.390	6.249	0.129
18:2 t not further defined....g									
18:3 undifferentiated....g	1.942		0	AS	1		0.264	4.234	0.087
18:3 n-3 c,c,c (ALA)....g	1.942		1	A	1		0.264	4.234	0.087
18:3 n-6 c,c,c....g									
18:3i....g	0.676		1	A	1		0.092	1.473	0.030
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	13.555		0	NC	4		1.844	29.551	0.610
Fatty acids, total trans-monoenoic....g	10.013		0	NC	4		1.362	21.828	0.451
Fatty acids, total trans-polyenoic....g	3.543		0	NC	4		0.482	7.723	0.159
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04648

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04701
Oil, industrial, soy, fully hydrogenated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0	NC	4		503	8063	166
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0	MC	9		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.05		0	BFZN	4		0.01	0.11	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	1	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.01		0	BFZN	4		0.00	0.02	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....µg	0		0	BFZN	4		0	0	0
Folic acid....µg	0		0	BFZN	4		0	0	0
Folate, food....µg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....µg	0		0	BFZN	4		0	0	0
Carotene, beta....µg	0		0	BFZN	4		0	0	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18		0	BFZN	4		1.11	17.83	0.37
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone)....µg	183.9		0	BFZN	4		25.0	401.0	8.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04701
Oil, industrial, soy, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	93.966		0	NC	4		12.779	204.845	4.228
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g									
16:0....g	10.005		1	MA	12		1.361	21.812	0.450
17:0....g									
18:0....g	83.094		1	MA	12		11.301	181.144	3.739
20:0....g	0.384		1	MA	12		0.052	0.838	0.017
22:0....g	0.386		1	MA	12		0.052	0.841	0.017
24:0....g	0.097		1	MA	12		0.013	0.211	0.004
Fatty acids, total monounsaturated....g	1.341		0	NC	4		0.182	2.922	0.060
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	1.148		0	AS	1		0.156	2.504	0.052
18:1 c....g	0.287		1	MA	12		0.039	0.626	0.013
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.861		1	MA	12		0.117	1.878	0.039
18:1-11t (18:1t n-7)....g									
20:1....g	0.192		1	MA	12		0.026	0.419	0.009
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.383		0	NC	4		0.052	0.834	0.017
18:2 undifferentiated....g	0.191		0	AS	1		0.026	0.417	0.009
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.191		1	MA	12		0.026	0.417	0.009
18:3 undifferentiated....g	0.191		0	AS	1		0.026	0.417	0.009
18:3 n-3 c,c,c (ALA)....g	0.096		1	MA	12		0.013	0.208	0.004
18:3 n-6 c,c,c....g									
18:3i....g	0.096		1	MA	12		0.013	0.208	0.004
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	1.148		0	NC	4		0.156	2.503	0.052
Fatty acids, total trans-monoenoic....g	0.861		0	NC	4		0.117	1.878	0.039
Fatty acids, total trans-polyenoic....g	0.287		0	NC	4		0.039	0.626	0.013
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

NDB No. 04701
Oil, industrial, soy, fully hydrogenated

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04699
Oil, industrial, soy, low linolenic

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	900		0	NC	4		126	1962	41
Energy	kJ	3766		0	NC	4		527	8209	169
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0	MC	9		14.00	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.05		0	BFZN	4		0.01	0.11	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	1	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.01		0	BFZN	4		0.00	0.02	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	µg	0		0	BFZN	4		0	0	0
Folic acid	µg	0		0	BFZN	4		0	0	0
Folate, food	µg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	µg	0		0	BFZN	4		0	0	0
Carotene, beta	µg	0		0	BFZN	4		0	0	0
Carotene, alpha	µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.18		0	BFZN	4		1.14	17.83	0.37
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	183.9		0	BFZN	4		25.8	401.0	8.3
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04699
Oil, industrial, soy, low linolenic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.084		0	NC	4		2.112	32.883	0.679
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.095		1	MA	12		0.013	0.207	0.004
15:0....g									
16:0....g	9.815		1	MA	12		1.374	21.396	0.442
17:0....g									
18:0....g	4.308		1	MA	12		0.603	9.391	0.194
20:0....g	0.384		1	MA	12		0.054	0.838	0.017
22:0....g	0.386		1	MA	12		0.054	0.841	0.017
24:0....g	0.097		1	MA	12		0.014	0.211	0.004
Fatty acids, total monounsaturated....g	21.438		0	NC	4		3.001	46.734	0.965
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	21.245		0	AS	1		2.974	46.315	0.956
18:1 c....g	21.150		1	MA	12		2.961	46.106	0.952
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.096		1	MA	12		0.013	0.209	0.004
18:1-11t (18:1t n-7)....g									
20:1....g	0.192		1	MA	12		0.027	0.419	0.009
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	58.932		0	NC	4		8.250	128.471	2.652
18:2 undifferentiated....g	55.967		0	AS	1		7.835	122.008	2.519
18:2 n-6 c,c....g	55.680		1	MA	12		7.795	121.382	2.506
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.287		1	MA	12		0.040	0.626	0.013
18:3 undifferentiated....g	2.965		0	AS	1		0.415	6.463	0.133
18:3 n-3 c,c,c (ALA)....g	2.678		1	MA	12		0.375	5.838	0.121
18:3 n-6 c,c,c....g									
18:3i....g	0.287		1	MA	12		0.040	0.625	0.013
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.670		0	NC	4		0.094	1.460	0.030
Fatty acids, total trans-monoenoic....g	0.096		0	NC	4		0.013	0.209	0.004
Fatty acids, total trans-polyenoic....g	0.574		0	NC	4		0.080	1.251	0.026
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

NDB No. 04699
Oil, industrial, soy, low linolenic

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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

Refuse: 0%

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

NDB No. 04650

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.340		0	NC	4		2.086	33.441	0.690
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.094		1	A	1		0.013	0.205	0.004
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	10.410		1	A	1		1.416	22.694	0.468
17:0....g	0.105		1	A	1		0.014	0.228	0.005
18:0....g	4.041		1	A	1		0.550	8.809	0.182
20:0....g	0.335		1	A	1		0.046	0.730	0.015
22:0....g	0.355		1	A	1		0.048	0.775	0.016
24:0....g									
Fatty acids, total monounsaturated....g	21.701		0	NC	4		2.951	47.308	0.977
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.123		0	AS	1		0.017	0.269	0.006
16:1 c....g	0.123		1	A	1		0.017	0.269	0.006
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	21.541		0	AS	1		2.930	46.958	0.969
18:1 c....g	21.541		1	A	1		2.930	46.958	0.969
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	58.208		0	NC	4		7.916	126.893	2.619
18:2 undifferentiated....g	51.296		0	AS	1		6.976	111.826	2.308
18:2 n-6 c,c....g	51.172		1	A	1		6.959	111.556	2.303
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.124		1	A	1		0.017	0.270	0.006
18:2 t not further defined....g									
18:3 undifferentiated....g	6.912		0	AS	1		0.940	15.067	0.311
18:3 n-3 c,c,c (ALA)....g	6.912		1	A	1		0.940	15.067	0.311
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.124		0	NC	4		0.017	0.270	0.006
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.124		0	NC	4		0.017	0.270	0.006
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04650

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

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04700
Oil, industrial, soy, ultra low linolenic

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	BFZN	4		503	8063	166
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0	MC	9		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.05		0	BFZN	4		0.01	0.11	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	1	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.01		0	BFZN	4		0.00	0.02	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	µg	0		0	BFZN	4		0	0	0
Folic acid	µg	0		0	BFZN	4		0	0	0
Folate, food	µg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	µg	0		0	BFZN	4		0	0	0
Carotene, beta	µg	0		0	BFZN	4		0	0	0
Carotene, alpha	µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.18		0	BFZN	4		1.11	17.83	0.37
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone)	µg	183.9		0	BFZN	4		25.0	401.0	8.3
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04700
Oil, industrial, soy, ultra low linolenic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.853		0	NC	4		2.020	32.379	0.668
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.095		1	MA	12		0.013	0.207	0.004
15:0....g									
16:0....g	10.187		1	MA	12		1.385	22.207	0.458
17:0....g	0.096		1	MA	12		0.013	0.208	0.004
18:0....g	3.638		1	MA	12		0.495	7.930	0.164
20:0....g	0.288		1	MA	12		0.039	0.628	0.013
22:0....g	0.366		1	MA	12		0.050	0.799	0.016
24:0....g	0.184		1	MA	12		0.025	0.400	0.008
Fatty acids, total monounsaturated....g	28.876		0	NC	4		3.927	62.949	1.299
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	AS	1		0.013	0.208	0.004
16:1 c....g	0.095		1	MA	12		0.013	0.208	0.004
16:1 t....g									
17:1....g	0.057		1	MA	12		0.008	0.125	0.003
18:1 undifferentiated....g	28.490		0	AS	1		3.875	62.108	1.282
18:1 c....g	28.423		1	MA	12		3.866	61.962	1.279
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.067		1	MA	12		0.009	0.146	0.003
18:1-11t (18:1t n-7)....g									
20:1....g	0.233		0	BFZN	4		0.032	0.509	0.010
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	52.149		0	NC	4		7.092	113.686	2.347
18:2 undifferentiated....g	50.906		0	AS	1		6.923	110.975	2.291
18:2 n-6 c,c....g	50.849		1	MA	12		6.915	110.850	2.288
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.057		1	MA	12		0.008	0.125	0.003
18:3 undifferentiated....g	1.243		0	AS	1		0.169	2.710	0.056
18:3 n-3 c,c,c (ALA)....g	1.062		1	MA	12		0.144	2.314	0.048
18:3 n-6 c,c,c....g									
18:3i....g	0.182		1	MA	12		0.025	0.396	0.008
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.306		0	NC	4		0.042	0.667	0.014
Fatty acids, total trans-monoenoic....g	0.067		0	NC	4		0.009	0.146	0.003
Fatty acids, total trans-polyenoic....g	0.239		0	NC	4		0.033	0.521	0.011
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0

NDB No. 04700
Oil, industrial, soy, ultra low linolenic

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04583
Oil, mustard

Refuse: 0%

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

NDB No. 04583
Oil, mustard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	1.388		2		1		0.194	3.026	0.062
15:0....g									
16:0....g	3.750		2		1		0.525	8.175	0.169
17:0....g									
18:0....g	1.119		2		1		0.157	2.439	0.050
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	59.187		0		1		8.286	129.028	2.663
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.216		2		1		0.030	0.471	0.010
17:1....g									
18:1 undifferentiated....g	11.607		2		1		1.625	25.303	0.522
20:1....g	6.190		2		1		0.867	13.494	0.279
22:1 undifferentiated....g	41.175		2		1		5.765	89.762	1.853
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.230		0		1		2.972	46.281	0.955
18:2 undifferentiated....g	15.332		2		1		2.146	33.424	0.690
18:3 undifferentiated....g	5.899		2		1		0.826	12.860	0.265
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04572
Oil, nutmeg butter

Refuse: 0%

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

NDB No. 04572
Oil, nutmeg butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	3.100		1		1		0.422	6.758	0.140
13:0....g									
14:0....g	82.600		1		1		11.234	180.068	3.717
15:0....g									
16:0....g	4.300		1		1		0.585	9.374	0.194
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.800		0		1		0.653	10.464	0.216
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	4.800		1		1		0.653	10.464	0.216
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04572
Oil, nutmeg butter

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04588
Oil, oat

Refuse: 0%

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

Lipids:

NDB No. 04588
Oil, oat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	19.620		0		1		2.668	42.772	0.883
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.390		238		1		0.053	0.850	0.018
13:0.....g									
14:0.....g	0.240		238		1		0.033	0.523	0.011
15:0.....g									
16:0.....g	16.670		238		1		2.267	36.341	0.750
17:0.....g									
18:0.....g	1.050		238		1		0.143	2.289	0.047
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	35.110		0		1		4.775	76.540	1.580
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		238		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	34.900		238		1		4.746	76.082	1.571
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.870		0		1		5.558	89.097	1.839
18:2 undifferentiated.....g	39.080		238		1		5.315	85.194	1.759
18:3 undifferentiated.....g	1.790		238		1		0.243	3.902	0.081
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04053
Oil, olive, salad or cooking

Refuse: 0%

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

NDB No. 04053
Oil, olive, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.808		0	NC	4		1.864	29.825	0.621
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g									
16:0....g	11.290	0.583	4	A	1		1.524	24.387	0.508
17:0....g	0.022	0.023	3	A	1		0.003	0.048	0.001
18:0....g	1.953	0.024	4	A	1		0.264	4.218	0.088
20:0....g	0.414	0.003	4	A	1		0.056	0.894	0.019
22:0....g	0.129	0.003	4	A	1		0.017	0.278	0.006
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	72.961		0	NC	4		9.850	157.595	3.283
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	1.255	0.140	4	A	1		0.169	2.712	0.056
17:1....g	0.125	0.014	4	A	1		0.017	0.270	0.006
18:1 undifferentiated....g	71.269	1.689	4	A	1		9.621	153.941	3.207
20:1....g	0.311	0.017	4	A	1		0.042	0.673	0.014
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.523		0	NC	4		1.421	22.730	0.474
18:2 undifferentiated....g	9.762	0.720	4	A	1		1.318	21.086	0.439
18:3 undifferentiated....g	0.761	0.040	4	A	1		0.103	1.643	0.034
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	221	41.923	13		1		30	477	10
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04053
Oil, olive, salad or cooking

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

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

Common Measures:

Measure 1 = 13.5g: 1 tablespoon

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04055
Oil, palm

Refuse: 0%

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

NDB No. 04055
Oil, palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	49.300		0		1		6.705	106.488	2.219
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.100	0.038	12		1		0.014	0.216	0.005
13:0....g									
14:0....g	1.000	0.090	15		1		0.136	2.160	0.045
15:0....g									
16:0....g	43.500	0.464	15		1		5.916	93.960	1.958
17:0....g									
18:0....g	4.300	0.352	15		1		0.585	9.288	0.194
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	37.000		0		1		5.032	79.920	1.665
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300	0.071	7		1		0.041	0.648	0.014
17:1....g									
18:1 undifferentiated....g	36.600	0.635	15		1		4.978	79.056	1.647
20:1....g	0.100	0.072	4		1		0.014	0.216	0.005
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.300		0		1		1.265	20.088	0.419
18:2 undifferentiated....g	9.100	0.419	15		1		1.238	19.656	0.410
18:3 undifferentiated....g	0.200	0.046	9		1		0.027	0.432	0.009
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04055
Oil, palm

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04042
Oil, peanut, salad or cooking

Refuse: 0%

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

NDB No. 04042
Oil, peanut, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	16.900		0		1		2.282	36.504	0.761
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.100	0.092	4		1		0.014	0.216	0.005
15:0....g									
16:0....g	9.500	0.233	15		1		1.283	20.520	0.428
17:0....g									
18:0....g	2.200	0.165	15		1		0.297	4.752	0.099
20:0....g	1.400		0		1		0.189	3.024	0.063
22:0....g	2.800		0		1		0.378	6.048	0.126
24:0....g	0.900		0		1		0.122	1.944	0.041
Fatty acids, total monounsaturated....g	46.200		0		1		6.237	99.792	2.079
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100	0.072	4		1		0.014	0.216	0.005
17:1....g									
18:1 undifferentiated....g	44.800	1.835	15		1		6.048	96.768	2.016
20:1....g	1.300	0.097	14		1		0.176	2.808	0.059
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	32.000		0		1		4.320	69.120	1.440
18:2 undifferentiated....g	32.000	1.744	15		1		4.320	69.120	1.440
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	207	43.078	8		1		28	447	9
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04042
Oil, peanut, salad or cooking

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

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

Common Measures:

Measure 1 = 13.5g: 1 tbsp

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04514
Oil, poppyseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	11.40		0		4		1.55	24.85	0.51
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.500		0		1		1.836	29.430	0.608
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04514
Oil, poppyseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	10.600		1		1		1.442	23.108	0.477
17:0....g									
18:0....g	2.900		1		1		0.394	6.322	0.131
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.700		0		1		2.679	42.946	0.887
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	19.700		1		1		2.679	42.946	0.887
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	62.400		0		1		8.486	136.032	2.808
18:2 undifferentiated....g	62.400		1		1		8.486	136.032	2.808
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	276		0		4		38	602	12
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04514
Oil, poppyseed

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04037
Oil, rice bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.07	0.015	3		1		0.01	0.15	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	32.30		1		1		4.39	70.41	1.45
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	19.700		0		1		2.679	42.946	0.887
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04037
Oil, rice bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.700	0.131	28		1		0.095	1.526	0.032
15:0 g									
16:0 g	16.900	0.368	31		1		2.298	36.842	0.761
17:0 g									
18:0 g	1.600	0.087	29		1		0.218	3.488	0.072
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	39.300		0		1		5.345	85.674	1.769
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.039	9		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	39.100	0.449	38		1		5.318	85.238	1.760
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	35.000		0		1		4.760	76.300	1.575
18:2 undifferentiated g	33.400	0.403	38		1		4.542	72.812	1.503
18:3 undifferentiated g	1.600	0.159	34		1		0.218	3.488	0.072
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	1190		2		1		162	2594	54
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04037
Oil, rice bran

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04511

Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0		4		0	0	0
Folic acid	µg	0		0	BFZN	4		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	BFZN	4		0	0	0
Carotene, alpha	µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	34.10		0		4		4.64	74.34	1.53
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	7.1		0	BFZN	4		1.0	15.4	0.3

NDB No. 04511

Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.541		0	NC	4		1.026	16.440	0.339
4:0....g	0.000		0	MA	12		0.000	0.000	0.000
6:0....g	0.000		0	MA	12		0.000	0.000	0.000
8:0....g	0.000		0	MA	12		0.000	0.000	0.000
10:0....g	0.093		1	MA	12		0.013	0.203	0.004
12:0....g	0.000		0	MA	12		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	MA	12		0.000	0.000	0.000
15:0....g									
16:0....g	4.860		1	MA	12		0.661	10.594	0.219
17:0....g									
18:0....g	1.915		1	MA	12		0.260	4.174	0.086
20:0....g	0.384		1	MA	12		0.052	0.838	0.017
22:0....g	0.289		1	MA	12		0.039	0.631	0.013
24:0....g									
Fatty acids, total monounsaturated....g	75.221		0	NC	4		10.230	163.982	3.385
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	AS	1		0.013	0.208	0.004
16:1 c....g	0.095		1	MA	12		0.013	0.208	0.004
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	74.837		0	AS	1		10.178	163.146	3.368
18:1 c....g	74.742		1	MA	12		10.165	162.937	3.363
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.096		1	MA	12		0.013	0.209	0.004
18:1-11t (18:1t n-7)....g									
20:1....g	0.288		1	MA	12		0.039	0.628	0.013
22:1 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.820		0	NC	4		1.743	27.947	0.577
18:2 undifferentiated....g	12.724		0	AS	1		1.730	27.739	0.573
18:2 n-6 c,c....g	12.724		1	MA	12		1.730	27.739	0.573
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.096		0	AS	1		0.013	0.208	0.004
18:3 n-3 c,c,c (ALA)....g	0.096		1	MA	12		0.013	0.208	0.004
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	MA	12		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	MA	12		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans....g	0.096		0	NC	4		0.013	0.209	0.004

NDB No. 04511

Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.096		0	NC	4		0.013	0.209	0.004
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		4		60	968	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04510
Oil, safflower, salad or cooking, linoleic, (over 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	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0		4		0	0	0
Folic acid....µg	0		0	BFZN	4		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	BFZN	4		0	0	0
Carotene, beta....µg	0		0	BFZN	4		0	0	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	34.10	6.300	3		1		4.64	74.34	1.53
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	7.1	1.803	8	A	1		1.0	15.4	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04510

Oil, safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.203		0	MA	12		0.844	13.523	0.279
4:0....g	0.000		0	MA	12		0.000	0.000	0.000
6:0....g	0.000		0	MA	12		0.000	0.000	0.000
8:0....g	0.000		0	MA	12		0.000	0.000	0.000
10:0....g	0.000		0	MA	12		0.000	0.000	0.000
12:0....g	0.000		0	MA	12		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	MA	12		0.000	0.000	0.000
15:0....g									
16:0....g	4.288		0	MA	12		0.583	9.348	0.193
17:0....g									
18:0....g	1.915		0	MA	12		0.260	4.175	0.086
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.355		0	MA	12		1.952	31.294	0.646
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	14.355		0	MA	12		1.952	31.294	0.646
20:1....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	74.623		0	MA	12		10.149	162.678	3.358
18:2 undifferentiated....g	74.623		0	MA	12		10.149	162.678	3.358
18:3 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
18:4....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	444		0		1		60	968	20
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

NDB No. 04510

Oil, safflower, salad or cooking, linoleic, (over 70%)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04058
Oil, sesame, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.40	0.097	5		1		0.19	3.05	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	13.6	2.621	7	A	1		1.8	29.6	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Lipids:

NDB No. 04058
Oil, sesame, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.200		0		1		1.931	30.956	0.639
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	8.900	0.378	37		1		1.210	19.402	0.401
17:0....g									
18:0....g	4.800	0.220	37		1		0.653	10.464	0.216
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	39.700		0		1		5.399	86.546	1.787
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200	0.035	32		1		0.027	0.436	0.009
17:1....g									
18:1 undifferentiated....g	39.300	0.659	38		1		5.345	85.674	1.769
20:1....g	0.200	0.047	11		1		0.027	0.436	0.009
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	41.700		0		1		5.671	90.906	1.877
18:2 undifferentiated....g	41.300	0.677	38		1		5.617	90.034	1.859
18:3 undifferentiated....g	0.300	0.058	23		1		0.041	0.654	0.014
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	865		0		1		118	1886	39
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04058
Oil, sesame, salad or cooking

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04536
Oil, sheanut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0	Z	7		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	46.600		0		1		6.338	101.588	2.097
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 04536
Oil, sheanut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.200		1		1		0.027	0.436	0.009
10:0 g	0.200		1		1		0.027	0.436	0.009
12:0 g	1.300		1		1		0.177	2.834	0.059
13:0 g									
14:0 g	0.100		2		1		0.014	0.218	0.005
15:0 g									
16:0 g	4.400	0.456	4		1		0.598	9.592	0.198
17:0 g									
18:0 g	38.800	1.591	4		1		5.277	84.584	1.746
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	44.000		0		1		5.984	95.920	1.980
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		1		1		0.014	0.218	0.005
17:1 g									
18:1 undifferentiated g	43.500	1.375	4		1		5.916	94.830	1.958
20:1 g	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	5.200		0		1		0.707	11.336	0.234
18:2 undifferentiated g	4.900	0.547	4		1		0.666	10.682	0.221
18:3 undifferentiated g	0.300		2		1		0.041	0.654	0.014
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	357		0		4		49	778	16
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04536
Oil, sheanut

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04531
Oil, soybean lecithin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	763		0	NC	4		104	1663	34
Energy....kJ	3192		0		4		434	6959	144
Protein (N x 0)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		13.60	218.00	4.50
Ash....g	0.00		0		4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	0
Iron, Fe....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0		1		1		0	0	0
Potassium, K....mg	0		1		1		0	0	0
Sodium, Na....mg	0		1		1		0	0	0
Zinc, Zn....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin....mg	0.000		1		1		0.000	0.000	0.000
Niacin....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....µg	0		1		1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		1		1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	350.0		0	NR	4		47.6	763.0	15.8
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	BFZN	4		0	0	0
Carotene, beta....µg	0		0	BFZN	4		0	0	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18		0	BFZN	4		1.11	17.83	0.37
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	183.9		0	BFZN	4		25.0	400.9	8.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04531
Oil, soybean lecithin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.005		0		1		2.041	32.711	0.675
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.101		4		1		0.014	0.220	0.005
15:0....g									
16:0....g	11.984		4		1		1.630	26.125	0.539
17:0....g									
18:0....g	2.920		4		1		0.397	6.366	0.131
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.977		0		1		1.493	23.930	0.494
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.403		4		1		0.055	0.879	0.018
17:1....g									
18:1 undifferentiated....g	10.574		4		1		1.438	23.051	0.476
20:1....g	0.000		4		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	45.318		0		1		6.163	98.793	2.039
18:2 undifferentiated....g	40.182		4		1		5.465	87.597	1.808
18:3 undifferentiated....g	5.136		4		1		0.698	11.196	0.231
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 7.63 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04044
Oil, soybean, salad or cooking (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00	0.000	4	JO	11		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00	0.000	3		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00	0.000	3	JO	11		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.021	3		1		0	0	0
Iron, Fe	mg	0.05		1	A	1		0.01	0.11	0.00
Magnesium, Mg	mg	0	0.023	3		1		0	0	0
Phosphorus, P	mg	0	0.055	10		1		0	1	0
Potassium, K	mg	0		1	A	1		0	0	0
Sodium, Na	mg	0		1	A	1		0	0	0
Zinc, Zn	mg	0.01		1	A	1		0.00	0.02	0.00
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0	Z	7		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	AS	1		0.0	0.4	0.0
Betaine	mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.18	0.819	10	A	1		1.11	17.83	0.37
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.90	0.020	10	A	1		0.12	1.97	0.04
Tocopherol, gamma	mg	64.26	2.144	10	A	1		8.74	140.08	2.89
Tocopherol, delta	mg	21.30	1.122	10	A	1		2.90	46.44	0.96
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	183.9	20.585	35	A	1		25.0	401.0	8.3
Dihydrophylloquinone	µg	0.0	0.003	4	A	1		0.0	0.0	0.0
Menaquinone-4	µg	0.0	0.000	3	A	1		0.0	0.0	0.0

Lipids:

NDB No. 04044
Oil, soybean, salad or cooking (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.650		0	NC	4		2.128	34.118	0.704
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	10.455	0.094	3	A	1		1.422	22.792	0.470
17:0....g	0.034	0.034	3	A	1		0.005	0.073	0.002
18:0....g	4.435	0.113	3	A	1		0.603	9.667	0.200
20:0....g	0.361	0.007	3	A	1		0.049	0.788	0.016
22:0....g	0.366	0.015	3	A	1		0.050	0.798	0.016
24:0....g									
Fatty acids, total monounsaturated....g	22.783		0	NC	4		3.099	49.667	1.025
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	22.550	0.175	3	AS	1		3.067	49.159	1.015
18:1 c....g	22.550	0.175	3	A	1		3.067	49.159	1.015
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.233	0.014	3	A	1		0.032	0.509	0.010
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	57.740		0	NC	4		7.853	125.873	2.598
18:2 undifferentiated....g	50.952	0.190	3	AS	1		6.929	111.074	2.293
18:2 n-6 c,c....g	50.418	0.335	3	A	1		6.857	109.912	2.269
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.533	0.144	3	A	1		0.073	1.163	0.024
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	6.789		69	JA	6		0.923	14.800	0.306
18:3 n-3 c,c,c (ALA)....g	6.789		3	A	1		0.923	14.800	0.306
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.533		0	NC	4		0.073	1.163	0.024
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.533		0	NC	4		0.073	1.163	0.024
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Stigmasterol....mg	59	3.671	3	A	1		8	129	3
Campesterol....mg	62	3.223	3	A	1		8	135	3
Beta-sitosterol....mg	172	5.573	3	A	1		23	374	8

Amino Acids:

NDB No. 04044
Oil, soybean, salad or cooking (1)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (4.483) and delta-5 avenasterol (8.733)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04034
Oil, soybean, salad or cooking, (partially hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0	Z	7		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10		0		1		1.10	17.66	0.36
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.900		0		1		2.026	32.482	0.671
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.100	0.030	13		1		0.014	0.218	0.005
15:0....g									
16:0....g	9.800	0.171	40		1		1.333	21.364	0.441
17:0....g									
18:0....g	5.000	0.352	40		1		0.680	10.900	0.225
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	43.000		0		1		5.848	93.740	1.935
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400	0.143	8		1		0.054	0.872	0.018
17:1....g									
18:1 undifferentiated....g	42.500	0.645	43		1		5.780	92.650	1.913
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.600		0		1		5.114	81.968	1.692
18:2 undifferentiated....g	34.900	0.704	43		1		4.746	76.082	1.571
18:3 undifferentiated....g	2.600	0.158	39		1		0.354	5.668	0.117
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	132		0		1		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0	Z	7		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	12.10		0		4		1.65	26.38	0.54
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	18.000		0		1		2.448	39.240	0.810
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.300	0.059	8		1		0.041	0.654	0.014
15:0....g									
16:0....g	14.000	0.644	11		1		1.904	30.520	0.630
17:0....g									
18:0....g	3.700	0.262	11		1		0.503	8.066	0.167
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	29.500		0		1		4.012	64.310	1.328
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200	0.046	7		1		0.027	0.436	0.009
17:1....g									
18:1 undifferentiated....g	29.300	1.206	16		1		3.985	63.874	1.319
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	48.100		0		1		6.542	104.858	2.165
18:2 undifferentiated....g	45.300	0.888	16		1		6.161	98.754	2.039
18:3 undifferentiated....g	2.800	0.398	16		1		0.381	6.104	0.126
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	152		0		4		21	331	7
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04584
Oil, sunflower, high oleic (70% and over)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		124	1927	40
Energy....kJ	3699		0		4		518	8063	166
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		14.00	218.00	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		8	JA	6		5.75	89.55	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.4	1.938	18	A	1		0.8	11.8	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04584
Oil, sunflower, high oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.859		0	NC	4		1.380	21.492	0.444
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.057		0	BFZN	4		0.008	0.123	0.003
15:0....g	0.800		1		1		0.112	1.744	0.036
16:0....g	3.682		7		1		0.515	8.027	0.166
17:0....g									
18:0....g	4.320		7		1		0.605	9.418	0.194
20:0....g									
22:0....g	1.000		1		1		0.140	2.180	0.045
24:0....g									
Fatty acids, total monounsaturated....g	83.689		0	NC	4		11.716	182.441	3.766
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	BFZN	4		0.013	0.206	0.004
17:1....g									
18:1 undifferentiated....g	82.630		7		1		11.568	180.133	3.718
20:1....g	0.964		6		1		0.135	2.102	0.043
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.798		0	NC	4		0.532	8.280	0.171
18:2 undifferentiated....g	3.606		7		1		0.505	7.861	0.162
18:3 undifferentiated....g	0.192		6		1		0.027	0.419	0.009
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04060
Oil, sunflower, linoleic (less than 60%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	0
Iron, Fe....mg	0.03		1		1		0.00	0.07	0.00
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		1		1		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.4	1.938	18	A	1		0.7	11.8	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04060
Oil, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.100		0		1		1.374	22.018	0.455
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	5.400	0.082	45		1		0.734	11.772	0.243
17:0....g									
18:0....g	3.500	0.093	45		1		0.476	7.630	0.158
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	45.400		0		1		6.174	98.972	2.043
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200	0.016	27		1		0.027	0.436	0.009
17:1....g									
18:1 undifferentiated....g	45.300	0.777	45		1		6.161	98.754	2.039
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	40.100		0		1		5.454	87.418	1.805
18:2 undifferentiated....g	39.800	0.751	45		1		5.413	86.764	1.791
18:3 undifferentiated....g	0.200	0.024	20		1		0.027	0.436	0.009
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04060
Oil, sunflower, linoleic (less than 60%)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.4	1.938	18	A	1		0.7	11.8	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.300		0		1		1.401	22.454	0.464
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	5.900	0.049	177		1		0.802	12.862	0.266
17:0....g									
18:0....g	4.500	0.102	177		1		0.612	9.810	0.203
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.500		0		1		2.652	42.510	0.878
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	19.500	0.425	177		1		2.652	42.510	0.878
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	65.700		0		1		8.935	143.226	2.957
18:2 undifferentiated....g	65.700	0.456	177		1		8.935	143.226	2.957
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04545
Oil, sunflower, linoleic, (partially hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	1.69		2	A	1		0.23	3.68	0.08
Tocopherol, gamma....mg	9.09		2	A	1		1.24	19.82	0.41
Tocopherol, delta....mg	2.04		2	A	1		0.28	4.44	0.09
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.4	1.922	21	A	1		0.7	11.8	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04545
Oil, sunflower, linoleic, (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.000		0		1		1.768	28.340	0.585
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	7.100	0.189	4		1		0.966	15.478	0.320
17:0....g									
18:0....g	5.500	0.321	4		1		0.748	11.990	0.248
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	46.200		0		1		6.283	100.716	2.079
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	46.000	0.115	4		1		6.256	100.280	2.070
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	36.400		0		1		4.950	79.352	1.638
18:2 undifferentiated....g	35.300	0.366	4		1		4.801	76.954	1.589
18:3 undifferentiated....g	0.900	0.102	3		1		0.122	1.962	0.041
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	10		0		4		1	22	0
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04545
Oil, sunflower, linoleic, (partially hydrogenated)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04516
Oil, teaseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	21.100		0		1		2.870	45.998	0.950
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04516
Oil, teaseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.100		1		1		0.014	0.218	0.005
13:0 g									
14:0 g	0.100	0.033	3		1		0.014	0.218	0.005
15:0 g									
16:0 g	17.500	0.794	3		1		2.380	38.150	0.788
17:0 g									
18:0 g	3.100	0.197	3		1		0.422	6.758	0.140
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	51.500		0		1		7.004	112.270	2.318
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500	0.196	3		1		0.068	1.090	0.023
17:1 g									
18:1 undifferentiated g	49.900	1.547	3		1		6.786	108.782	2.246
20:1 g	1.000		2		1		0.136	2.180	0.045
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	23.000		0		1		3.128	50.140	1.035
18:2 undifferentiated g	22.200	1.993	3		1		3.019	48.396	0.999
18:3 undifferentiated g	0.700		1		1		0.095	1.526	0.032
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	102		0		4		14	222	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04516
Oil, teaseed

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04515
Oil, tomatoseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	µg	0		0	Z	7		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.80		0		1		0.52	8.28	0.17
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	19.700		0		1		2.679	42.946	0.887
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 04515
Oil, tomatoseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.200	0.039	4		1		0.027	0.436	0.009
15:0 g									
16:0 g	15.000	1.325	5		1		2.040	32.700	0.675
17:0 g									
18:0 g	4.400	0.393	5		1		0.598	9.592	0.198
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	22.800		0		1		3.101	49.704	1.026
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500	0.090	4		1		0.068	1.090	0.023
17:1 g									
18:1 undifferentiated g	21.900	2.867	5		1		2.978	47.742	0.986
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	53.100		0		1		7.222	115.758	2.390
18:2 undifferentiated g	50.800	3.818	5		1		6.909	110.744	2.286
18:3 undifferentiated g	2.300	0.237	4		1		0.313	5.014	0.104
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04515
Oil, tomatoseed

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04573
Oil, ucuhuba butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.60		0		4		0.08	1.31	0.03
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	85.200		0		1		11.587	185.736	3.834
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04573
Oil, ucuhuba butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	12.200		1		1		1.659	26.596	0.549
13:0 g									
14:0 g	63.400		1		1		8.622	138.212	2.853
15:0 g									
16:0 g	8.600		1		1		1.170	18.748	0.387
17:0 g									
18:0 g	1.000		1		1		0.136	2.180	0.045
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.700		0		1		0.911	14.606	0.302
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	6.700		1		1		0.911	14.606	0.302
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.900		0		1		0.394	6.322	0.131
18:2 undifferentiated g	2.900		1		1		0.394	6.322	0.131
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04573
Oil, ucuhuba butter

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Dow AgroSciences, LLC

trans free high stability low saturated fat non-hydrogenated canola oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	Z	7		0.00		
Energy	kcal	884		0	NC	4		124		
Energy	kJ	3699		0	NC	4		518		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	100.00		1	A	1		14.00		
Ash	g	0.00		0	Z	7		0.00		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	0		0	MC	9		0		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.000		0	MC	9		0.000		
Riboflavin	mg	0.000		0	MC	9		0.000		
Niacin	mg	0.000		0	MC	9		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	21.80		1	A	1		3.05		
Tocopherol, beta	mg									
Tocopherol, gamma	mg	21.80		1	A	1		3.05		
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	6.511		0	NC	4		0.912		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		0	Z	7		0.000		
10:0	g	0.000		0	Z	7		0.000		
12:0	g	0.000		0	Z	7		0.000		
13:0	g									
14:0	g	0.047		1	A	1		0.007		

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0....g									
16:0....g	3.437		1	A	1		0.481		
17:0....g									
18:0....g	1.918		1	A	1		0.269		
20:0....g	0.674		1	A	1		0.094		
22:0....g	0.290		1	A	1		0.041		
24:0....g	0.145		1	A	1		0.020		
Fatty acids, total monounsaturated....g	71.991		0	NC	4		10.079		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.286		0	AS	1		0.040		
16:1 c....g	0.286		1	A	1		0.040		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	69.970		0	AS	1		9.796		
18:1 c....g	69.893		175	A	1		9.785		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.077		1	A	1		0.011		
18:1-11t (18:1t n-7)....g									
20:1....g	1.348		1	A	1		0.189		
22:1 undifferentiated....g	0.241		1	A	1		0.034		
24:1 c....g	0.145		1	A	1		0.020		
Fatty acids, total polyunsaturated....g	17.098		0	NC	4		2.394		
18:2 undifferentiated....g	14.501		0	AS	1		2.030		
18:2 n-6 c,c....g	14.339		175	A	1		2.007		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.163		1	A	1		0.023		
18:3 undifferentiated....g	2.597		0	AS	1		0.364		
18:3 n-3 c,c,c (ALA)....g	2.070		175	A	1		0.290		
18:3 n-6 c,c,c....g									
18:3i....g	0.527		1	A	1		0.074		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g									
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.767		0	NC	4		0.107		
Fatty acids, total trans-monoenoic....g	0.077		0	NC	4		0.011		
Fatty acids, total trans-polyenoic....g	0.690		0	NC	4		0.097		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Stigmasterol....mg									
Campesterol....mg	202		1	A	1		28		
Beta-sitosterol....mg	426		1	A	1		60		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04528
Oil, walnut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.4		0	AS	1		0.1	0.9	0.0
Betaine....mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.40		0		1		0.05	0.87	0.02
Vitamin E, added....mg	0.00		0	NR	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	15.0		0	T	4		2.0	32.7	0.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04528
Oil, walnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.100		0		1		1.238	19.838	0.410
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	7.000	0.286	33		1		0.952	15.260	0.315
17:0....g									
18:0....g	2.000	0.136	34		1		0.272	4.360	0.090
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	22.800		0		1		3.101	49.704	1.026
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100	0.027	11		1		0.014	0.218	0.005
17:1....g									
18:1 undifferentiated....g	22.200	1.264	34		1		3.019	48.396	0.999
20:1....g	0.400	0.268	6		1		0.054	0.872	0.018
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	63.300		0		1		8.609	137.994	2.849
18:2 undifferentiated....g	52.900	1.208	34		1		7.194	115.322	2.381
18:3 undifferentiated....g	10.400	0.576	32		1		1.414	22.672	0.468
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	176		0		1		24	384	8
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04528
Oil, walnut

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04038
Oil, wheat germ

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		1		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....µg	0		0	Z	7		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	20.0		0	O	4		2.7	43.6	0.9
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	149.40		0		1		20.32	325.69	6.72
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Lipids:

NDB No. 04038
Oil, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	18.800		0		1		2.557	40.984	0.846
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.100	0.041	7		1		0.014	0.218	0.005
15:0....g									
16:0....g	16.600	0.307	13		1		2.258	36.188	0.747
17:0....g									
18:0....g	0.500	0.047	12		1		0.068	1.090	0.023
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.100		0		1		2.054	32.918	0.680
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.500	0.087	13		1		0.068	1.090	0.023
17:1....g									
18:1 undifferentiated....g	14.600	0.467	13		1		1.986	31.828	0.657
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	61.700		0		1		8.391	134.506	2.777
18:2 undifferentiated....g	54.800	0.322	13		1		7.453	119.464	2.466
18:3 undifferentiated....g	6.900	0.360	13		1		0.938	15.042	0.311
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	553		0		1		75	1206	25
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04038
Oil, wheat germ

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42230
Salad Dressing, coleslaw dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.00		0		4		6.29	99.53	
Energy....kcal	329		0	NC	4		56	884	
Energy....kJ	1376		0	NC	4		234	3701	
Protein....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	20.00		0		4		3.40	53.80	
Ash....g	3.00		0	NC	4		0.51	8.07	
Carbohydrate, by difference....g	40.00		0		4		6.80	107.60	
Fiber, total dietary....g	0.4		0		4		0.1	1.1	
Sugars, total....g	38.73		0	FLA	4		6.58	104.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0		4		6	97	
Iron, Fe....mg	0.26		0		4		0.04	0.70	
Magnesium, Mg....mg	5		0		4		1	13	
Phosphorus, P....mg	30		0		4		5	81	
Potassium, K....mg	50		0		4		9	135	
Sodium, Na....mg	1600		0		4		272	4304	
Zinc, Zn....mg	0.18		0		4		0.03	0.48	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.004		0	FLA	4		0.001	0.012	
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		4		0.002	0.027	
Riboflavin....mg	0.010		0		4		0.002	0.027	
Niacin....mg	0.250		0		4		0.043	0.673	
Pantothenic acid....mg	0.001		0	FLA	4		0.000	0.004	
Vitamin B-6....mg	0.020		0		4		0.003	0.054	
Folate, total....µg	0		0	FLA	4		0	0	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	15.3		0	BFZN	4		2.6	41.0	
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.02	0.27	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	2	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol)....mg	1.84		0	FLA	4		0.31	4.96	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....µg	39.5		0	FLA	4		6.7	106.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42230
Salad Dressing, coleslaw dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.980		0		4		0.507	8.016	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.020		0		4		0.003	0.054	
15:0....g									
16:0....g	1.960		0		4		0.333	5.272	
17:0....g									
18:0....g	1.000		0		4		0.170	2.690	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.600		0		4		1.462	23.134	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		0		4		0.014	0.215	
17:1....g									
18:1 undifferentiated....g	8.500		0		4		1.445	22.865	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.520		0		4		1.278	20.229	
18:2 undifferentiated....g	6.980		0		4		1.187	18.776	
18:3 undifferentiated....g	0.520		0		4		0.088	1.399	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	25		0		4		4	67	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 269g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

Smart Balance Foods

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.44		2	A	1		7.34		
Energy	kcal	333		1	LC	8		47		
Energy	kJ	1393		1	LC	8		195		
Protein	g	1.53		2	A	1		0.21		
Total lipid (fat)	g	34.18		2	A	1		4.79		
Ash	g	2.46		2	A	1		0.34		
Carbohydrate, by difference	g	9.39		0	NC	4		1.32		
Fiber, total dietary	g	0.2		2	A	1		0.0		
Sugars, total	g	5.38		2	A	1		0.75		
Sucrose	g	4.12		2	A	1		0.58		
Glucose (dextrose)	g	0.54		2	A	1		0.08		
Fructose	g	0.42		2	A	1		0.06		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.29		2	A	1		0.04		
Starch	g	4.70		2	A	1		0.66		
Minerals:										
Calcium, Ca	mg	13		2	A	1		2		
Iron, Fe	mg	0.31		2	A	1		0.04		
Magnesium, Mg	mg	2		2	A	1		0		
Phosphorus, P	mg	27		2	A	1		4		
Potassium, K	mg	63		2	A	1		9		
Sodium, Na	mg	848		2	A	1		119		
Zinc, Zn	mg	0.20		2	A	1		0.03		
Copper, Cu	mg	0.016		2	A	1		0.002		
Manganese, Mn	mg	0.013		2	A	1		0.002		
Selenium, Se	µg	4.4		2	A	1		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.015		2	A	1		0.002		
Riboflavin	mg	0.030		2	A	1		0.004		
Niacin	mg	0.028		1	A	1		0.004		
Pantothenic acid	mg	0.270		2	A	1		0.038		
Vitamin B-6	mg	0.015		2	A	1		0.002		
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.17		2	A	1		0.02		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Vitamin A, IU	IU	0		1	LC	8		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	10.41		2	A	1		1.46		
Tocopherol, beta	mg	0.07		2	A	1		0.01		
Tocopherol, gamma	mg	11.14		2	A	1		1.56		
Tocopherol, delta	mg	2.11		2	A	1		0.30		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	65.8		2	A	1		9.2		
Dihydrophylloquinone	µg	0.0		2	A	1		0.0		
Menaquinone-4	µg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	3.288		0	NC	4		0.460		
4:0	g	0.000		2	A	1		0.000		

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.022		2	A	1		0.003		
15:0....g	0.011		2	A	1		0.002		
16:0....g	2.044		2	A	1		0.286		
17:0....g	0.034		2	A	1		0.005		
18:0....g	0.863		2	A	1		0.121		
20:0....g	0.167		2	A	1		0.023		
22:0....g	0.102		2	A	1		0.014		
24:0....g	0.043		2	A	1		0.006		
Fatty acids, total monounsaturated....g	16.662		0	NC	4		2.333		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.081		0	AS	1		0.011		
16:1 c....g	0.081		2	A	1		0.011		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.043		2	A	1		0.006		
18:1 undifferentiated....g	15.970		0	AS	1		2.236		
18:1 c....g	15.923		2	A	1		2.229		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.047		2	A	1		0.007		
18:1-11t (18:1t n-7)....g									
20:1....g	0.533		2	A	1		0.075		
22:1 undifferentiated....g	0.034		0	AS	1		0.005		
22:1 c....g	0.034		2	A	1		0.005		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	11.776		0	NC	4		1.649		
18:2 undifferentiated....g	8.511		0	AS	1		1.192		
18:2 n-6 c,c....g	8.381		2	A	1		1.173		
18:2 CLAs....g	0.028		2	A	1		0.004		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.102		2	A	1		0.014		
18:3 undifferentiated....g	3.188		0	AS	1		0.446		
18:3 n-3 c,c,c (ALA)....g	3.188		2	A	1		0.446		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.024		2	A	1		0.003		
20:3 undifferentiated....g	0.020		0	AS	1		0.003		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.020		2	A	1		0.003		
20:4 undifferentiated....g	0.022		2	A	1		0.003		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.010		2	A	1		0.001		
Fatty acids, total trans....g	0.149		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.047		0	NC	4		0.007		
Fatty acids, total trans-polyenoic....g	0.102		0	NC	4		0.014		
Cholesterol....mg	33		1	LC	8		5		
Phytosterols....mg									

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

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

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

food, or similar food.

Common Measures:

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

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42193
Salad Dressing, mayonnaise-like, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		0	MC	9		12.59	201.47	
Energy....kcal	84		0	MC	9		13	215	
Energy....kJ	351		0		9		56	900	
Protein....g	0.20		0	MC	9		0.03	0.51	
Total lipid (fat)....g	2.70		0	NR	4		0.43	6.91	
Ash....g	2.60		0	NC	4		0.42	6.66	
Carbohydrate, by difference....g	15.50		0	MC	9		2.48	39.68	
Fiber, total dietary....g	1.9		0	MC	9		0.3	4.9	
Sugars, total....g	10.30		0	MC	9		1.65	26.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	MC	9		1	15	
Iron, Fe....mg	0.12		0	MC	9		0.02	0.31	
Magnesium, Mg....mg	2		0	FLM	4		0	6	
Phosphorus, P....mg	5		0	MC	9		1	13	
Potassium, K....mg	49		0	MC	9		8	125	
Sodium, Na....mg	788		0	MC	9		126	2017	
Zinc, Zn....mg	0.05		0	FLM	4		0.01	0.12	
Copper, Cu....mg	0.020		0	FLM	4		0.003	0.050	
Manganese, Mn....mg	0.022		0	FLM	4		0.004	0.057	
Selenium, Se....µg	0.3		0	FLM	4		0.0	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	
Thiamin....mg	0.000		0	FLM	4		0.000	0.000	
Riboflavin....mg	0.014		0	FLM	4		0.002	0.035	
Niacin....mg	0.000		0	FLM	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	FLM	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLM	4		0.000	0.000	
Folate, total....µg	0		0	FLM	4		0	0	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	0		0	FLM	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.7		0	BFZN	4		0.1	1.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	FLM	4		0.01	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	24.7		0	BFZN	4		4.0	63.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 42193
Salad Dressing, mayonnaise-like, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.600		0	MC	9		0.096	1.536	
4:0....g	0.000		0	FLM	4		0.000	0.000	
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.025		0	FLM	4		0.004	0.063	
10:0....g	0.027		0	FLM	4		0.004	0.069	
12:0....g	0.250		0	FLM	4		0.040	0.641	
13:0....g									
14:0....g	0.110		0	FLM	4		0.018	0.283	
15:0....g									
16:0....g	0.069		0	FLM	4		0.011	0.178	
17:0....g									
18:0....g	0.117		0	FLM	4		0.019	0.299	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.887		0	FLM	4		0.302	4.831	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.887		0	FLM	4		0.302	4.831	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.063		0	FLM	4		0.010	0.161	
18:2 undifferentiated....g	0.043		0	FLM	4		0.007	0.111	
18:3 undifferentiated....g	0.019		0	FLM	4		0.003	0.049	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		1	23	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		0	MC	9		12.59		
Energy....kcal	84		0	MC	9		13		
Energy....kJ	351		0	MC	9		56		
Protein....g	0.20		0	MC	9		0.03		
Total lipid (fat)....g	2.70		0	NR	4		0.43		
Ash....g	1.90		0	MC	9		0.30		
Carbohydrate, by difference (1) ....g	15.50		0	MC	9		2.48		
Fiber, total dietary....g	1.9		0	MC	9		0.3		
Sugars, total....g	10.30		0	MC	9		1.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	MC	9		1		
Iron, Fe....mg	0.12		0	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg	5		0	MC	9		1		
Potassium, K....mg	49		0	MC	9		8		
Sodium, Na....mg	788		0	MC	9		126		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	69		0	MC	9		11		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone) (2) ....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		0.096		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		1		
Phytosterols....mg									

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

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04013
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.80		0	MC	9		13.09		
Energy	kcal	70		0	MC	9		11		
Energy	kJ	293				9		47		
Protein	g	0.20		0	MC	9		0.03		
Total lipid (fat)	g	2.70		0	NR	4		0.43		
Ash	g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1)	g	12.40		0	MC	9		1.98		
Fiber, total dietary	g	2.0		0	MC	9		0.3		
Sugars, total	g	6.80		0	MC	9		1.09		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	MC	9		1		
Iron, Fe	mg	0.10		0	MC	9		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg	27		0	MC	9		4		
Potassium, K	mg	50		0	MC	9		8		
Sodium, Na	mg	750		0	MC	9		120		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	99		0	MC	9		16		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone) (2)	µg	155.1		0	MC	9		24.8		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.500		0	MC	9		0.080		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	10		0	MC	9		2		
Phytosterols	mg									

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

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.40		0	MC	9		8.31		
Energy	kcal	334		0	MC	9		50		
Energy	kJ	1397		0	MC	9		210		
Protein	g	0.60		0	MC	9		0.09		
Total lipid (fat)	g	32.90		0	NR	4		4.94		
Ash	g	2.10		0	MC	9		0.32		
Carbohydrate, by difference (1)	g	8.50		0	MC	9		1.28		
Fiber, total dietary	g	0.1		0	MC	9		0.0		
Sugars, total	g	4.20		0	MC	9		0.63		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	MC	9		1		
Iron, Fe	mg	0.20		0	MC	9		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg	58		0	MC	9		9		
Potassium, K	mg	52		0	MC	9		8		
Sodium, Na	mg	633		1	LC	8		95		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	185		0	MC	9		28		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone) (2)	µg	155.1		0	MC	9		23.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	5.000		0	MC	9		0.750		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	35		0	MC	9		5		
Phytosterols	mg									

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

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43599
Salad dressing, Mayonnaise dressing, diet, no cholesterol

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.90		0	RKA	1		5.99	96.56	
Energy	kcal	390		0	RKI	6		59	944	
Energy	kJ	1632		0	RKI	6		245	3949	
Protein	g	0.90		0	RKA	1		0.14	2.18	
Total lipid (fat)	g	33.40		0	RKA	1		5.01	80.83	
Ash	g	1.90		0	RKA	1		0.29	4.60	
Carbohydrate, by difference	g	23.90		0	RKI	6		3.59	57.84	
Fiber, total dietary	g	0.0		0	RKI	6		0.0	0.0	
Sugars, total	g	6.40		0	RKA	1		0.96	15.49	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	RKA	1		2	34	
Iron, Fe	mg	0.20		0	RKA	1		0.03	0.48	
Magnesium, Mg	mg	2		0	RKA	1		0	5	
Phosphorus, P	mg	26		0	RKA	1		4	63	
Potassium, K	mg	9		0	RKA	1		1	22	
Sodium, Na	mg	711		0	RKA	1		107	1720	
Zinc, Zn	mg	0.18		0	RKI	6		0.03	0.44	
Copper, Cu	mg	0.010		0	RKI	6		0.002	0.024	
Manganese, Mn	mg	0.088		0	RKI	6		0.013	0.213	
Selenium, Se	µg	1.6		0	RKI	6		0.2	3.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKI	6		0.0	0.0	
Thiamin	mg	0.013		0	RKI	6		0.002	0.031	
Riboflavin	mg	0.024		0	RKI	6		0.004	0.058	
Niacin	mg	0.004		0	RKI	6		0.001	0.010	
Pantothenic acid	mg	0.243		0	RKI	6		0.036	0.588	
Vitamin B-6	mg	0.017		0	RKI	6		0.003	0.041	
Folate, total	µg	0		0	RKI	6		0	0	
Folic acid	µg	0		0	RKI	6		0	0	
Folate, food	µg	0		0	RKI	6		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.7		0	BFZN	4		0.1	1.8	
Betaine	mg									
Vitamin B-12	µg	0.21		0	RKI	6		0.03	0.50	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		3	51	
Retinol	µg	12		0	RKI	6		2	29	
Carotene, beta	µg	94		0	RKI	6		14	227	
Carotene, alpha	µg	1		0	RKI	6		0	3	
Cryptoxanthin, beta	µg	27		0	RKI	6		4	65	
Vitamin A, IU	IU	220		0	NC	4		33	533	
Lycopene	µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin	µg	87		0	RKI	6		13	210	
Vitamin E (alpha-tocopherol)	mg	2.06		0	RKA	1		0.31	4.99	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.22		0	RKA	1		0.03	0.53	
Tocopherol, gamma	mg	13.38		0	RKA	1		2.01	32.38	
Tocopherol, delta	mg	1.43		0	RKA	1		0.21	3.46	
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	42.2		0	RKA	1		6.3	102.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.000		0	RKA	1		0.750	12.100	
4:0....g	0.000		0	RKA	1		0.000	0.000	
6:0....g	0.000		0	RKA	1		0.000	0.000	
8:0....g	0.000		0	RKA	1		0.000	0.000	
10:0....g	0.000		0	RKA	1		0.000	0.000	
12:0....g	0.100		0	RKA	1		0.015	0.242	
13:0....g									
14:0....g	0.000		0	RKA	1		0.000	0.000	
15:0....g									
16:0....g	3.500		0	RKA	1		0.525	8.470	
17:0....g									
18:0....g	1.400		0	RKA	1		0.210	3.388	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.000		0	RKA	1		1.350	21.780	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	9.000		0	RKA	1		1.350	21.780	
20:1....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.000		0	RKA	1		2.700	43.560	
18:2 undifferentiated....g	16.000		0	RKA	1		2.400	38.720	
18:3 undifferentiated....g	2.000		0	RKA	1		0.300	4.840	
18:4....g	0.000		0	RKA	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RKA	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RKA	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RKA	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	97		0	RKA	1		15	235	
Amino Acids:									
Tryptophan....g	0.013		0	RKI	6		0.002	0.031	
Threonine....g	0.049		0	RKI	6		0.007	0.119	
Isoleucine....g	0.052		0	RKI	6		0.008	0.126	
Leucine....g	0.077		0	RKI	6		0.012	0.186	
Lysine....g	0.061		0	RKI	6		0.009	0.148	
Methionine....g	0.023		0	RKI	6		0.003	0.056	
Cystine....g	0.016		0	RKI	6		0.002	0.039	
Phenylalanine....g	0.039		0	RKI	6		0.006	0.094	
Tyrosine....g	0.039		0	RKI	6		0.006	0.094	
Valine....g	0.055		0	RKI	6		0.008	0.133	
Arginine....g	0.062		0	RKI	6		0.009	0.150	
Histidine....g	0.022		0	RKI	6		0.003	0.053	
Alanine....g	0.045		0	RKI	6		0.007	0.109	
Aspartic acid....g	0.075		0	RKI	6		0.011	0.182	
Glutamic acid....g	0.110		0	RKI	6		0.017	0.266	
Glycine....g	0.027		0	RKI	6		0.004	0.065	
Proline....g	0.037		0	RKI	6		0.006	0.090	
Serine....g	0.075		0	RKI	6		0.011	0.182	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	
Caffeine....mg	0		0	RKI	6		0	0	
Theobromine....mg	0		0	RKI	6		0	0	

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

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

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

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 242g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43331
Salad dressing, bacon and tomato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.70		0		4		8.81	140.88	
Energy....kcal	326		0		4		49	782	
Energy....kJ	1364		0		4		205	3274	
Protein....g	1.80		0		4		0.27	4.32	
Total lipid (fat)....g	35.00		0		4		5.25	84.00	
Ash....g	2.60		0	NC	4		0.39	6.24	
Carbohydrate, by difference....g	2.00		0		4		0.30	4.80	
Fiber, total dietary....g	0.2		0		4		0.0	0.5	
Sugars, total....g	2.00		0	NR	4		0.30	4.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		4		1	10	
Iron, Fe....mg	0.27		0		4		0.04	0.65	
Magnesium, Mg....mg	6		0		4		1	14	
Phosphorus, P....mg	25		0		4		4	60	
Potassium, K....mg	108		0		4		16	259	
Sodium, Na....mg	905		0	O	4		136	2172	
Zinc, Zn....mg	0.20		0		4		0.03	0.48	
Copper, Cu....mg	0.030		0		4		0.005	0.072	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		0		4		1.3	21.1	
Thiamin....mg	0.040		0		4		0.006	0.096	
Riboflavin....mg	0.020		0		4		0.003	0.048	
Niacin....mg	0.700		0		4		0.105	1.680	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.012	0.192	
Folate, total....µg	0		0	BFZN	4		0	0	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	16.4		0	BFZN	4		2.5	39.3	
Betaine....mg									
Vitamin B-12....µg	0.09		0		4		0.01	0.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	BFZN	4		2	26	
Retinol....µg	4		0	BFZN	4		1	10	
Carotene, beta....µg	92		0	BFZN	4		14	220	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	52		0	BFZN	4		8	125	
Vitamin A, IU....IU	211		0	NC	4		32	506	
Lycopene....µg	2597		0	BFZN	4		389	6232	
Lutein + zeaxanthin....µg	29		0	BFZN	4		4	69	
Vitamin E (alpha-tocopherol)....mg	4.00		0	BFZN	4		0.60	9.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	69.1		0	BFZN	4		10.4	165.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43331
Salad dressing, bacon and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.435		0		4		0.815	13.044	
4:0....g	0.013		0		4		0.002	0.031	
6:0....g	0.008		0		4		0.001	0.019	
8:0....g	0.004		0		4		0.001	0.010	
10:0....g	0.012		0		4		0.002	0.029	
12:0....g	0.013		0		4		0.002	0.031	
13:0....g									
14:0....g	0.086		0		4		0.013	0.206	
15:0....g									
16:0....g	3.786		0		4		0.568	9.086	
17:0....g									
18:0....g	1.439		0		4		0.216	3.454	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.415		0		4		1.262	20.196	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.111		0		4		0.017	0.266	
17:1....g									
18:1 undifferentiated....g	8.197		0		4		1.230	19.673	
20:1....g	0.067		0		4		0.010	0.161	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	19.584		0		4		2.938	47.002	
18:2 undifferentiated....g	17.244		0		4		2.587	41.386	
18:3 undifferentiated....g	2.304		0		4		0.346	5.530	
18:4....g	0.003		0		4		0.000	0.007	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0		4		1	10	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.71		0	FLM	4		5.96	97.30	
Energy	kcal	476		0	NC	4		71	1166	
Energy	kJ	1991		0	NC	4		299	4877	
Protein (N x 6.25)	g	1.37		2	MC	9		0.20	3.34	
Total lipid (fat)	g	51.10		2	MC	9		7.67	125.20	
Ash	g	3.20		1		1		0.48	7.84	
Carbohydrate, by difference	g	4.62		0	NC	4		0.69	11.32	
Fiber, total dietary	g	0.4		2	MC	9		0.1	0.9	
Sugars, total	g	3.48		2	MC	9		0.52	8.53	
Starch	g									
Minerals:										
Calcium, Ca	mg	37		2	MC	9		6	91	
Iron, Fe	mg	0.09		2	MC	9		0.01	0.22	
Magnesium, Mg	mg	8		0	FLM	4		1	19	
Phosphorus, P	mg	74		0		1		11	181	
Potassium, K	mg	88		0	FLM	4		13	215	
Sodium, Na	mg	1041		0	O	4		156	2550	
Zinc, Zn	mg	0.21		0	FLM	4		0.03	0.51	
Copper, Cu	mg	0.009		0	FLM	4		0.001	0.022	
Manganese, Mn	mg	0.006		0	FLM	4		0.001	0.016	
Selenium, Se	µg	1.0		2	A	1		0.2	2.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		2	MC	9		0.1	1.8	
Thiamin	mg	0.010		0		1		0.002	0.025	
Riboflavin	mg	0.100		0		1		0.015	0.245	
Niacin	mg	0.100		0		1		0.015	0.245	
Pantothenic acid	mg	0.388		0		4		0.058	0.951	
Vitamin B-6	mg	0.037		0		4		0.006	0.091	
Folate, total	µg	8		0		4		1	20	
Folic acid	µg	0		0	FLM	4		0	0	
Folate, food	µg	8		0	NR	4		1	20	
Folate, DFE	mcg_DFE	8		0	NC	4		1	20	
Choline, total	mg	17.9		0	AS	1		2.7	43.9	
Betaine	mg	2.5		1	A	1		0.4	6.1	
Vitamin B-12	µg	0.16		0	FLM	4		0.02	0.40	
Vitamin B-12, added	µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	19		0	NC	4		3	48	
Retinol	µg	19		0	NR	4		3	47	
Carotene, beta	µg	4		0	FLM	4		1	9	
Carotene, alpha	µg	1		0	FLM	4		0	2	
Cryptoxanthin, beta	µg	1		0	FLM	4		0	2	
Vitamin A, IU	IU	73		2	MC	9		11	180	
Lycopene	µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	µg	26		0	FLM	4		4	63	
Vitamin E (alpha-tocopherol)	mg	4.28		0	FLM	4		0.64	10.47	
Vitamin E, added	mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	FLM	4		0.0	0.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	4		0	FLM	4		1	9	
Vitamin K (phylloquinone)	µg	85.9		0	FLM	4		12.9	210.6	
Dihydrophylloquinone	µg	0.0		0	FLM	4		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.275		2	MC	9		1.241	20.274	
4:0....g	0.017		0	FLM	4		0.002	0.041	
6:0....g	0.008		0	FLM	4		0.001	0.020	
8:0....g	0.006		0	FLM	4		0.001	0.015	
10:0....g	0.014		0	FLM	4		0.002	0.034	
12:0....g	0.013		0	FLM	4		0.002	0.031	
13:0....g									
14:0....g	0.084		0	FLM	4		0.013	0.206	
15:0....g									
16:0....g	5.319		0	FLM	4		0.798	13.031	
17:0....g									
18:0....g	2.437		0	FLM	4		0.366	5.971	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.279		0	FLM	4		1.992	32.534	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0	FLM	4		0.007	0.111	
17:1....g									
18:1 undifferentiated....g	13.112		0	FLM	4		1.967	32.124	
20:1....g	0.113		0	FLM	4		0.017	0.276	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	27.545		0	FLM	4		4.132	67.485	
18:2 undifferentiated....g	24.317		0	FLM	4		3.648	59.576	
18:3 undifferentiated....g	3.196		0	FLM	4		0.479	7.830	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	FLM	4		0.002	0.026	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.001	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0	FLM	4		0.000	0.007	
Fatty acids, total trans....g	1.340		0	FLM	4		0.201	3.283	
Cholesterol....mg	31		0	FLM	4		5	76	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42192
Salad dressing, blue or roquefort cheese dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.00		0		4		11.56	180.20	
Energy....kcal	115		0		4		20	305	
Energy....kJ	481		0		4		82	1275	
Protein....g	1.52		1	MC	9		0.26	4.03	
Total lipid (fat)....g	1.01		1	MC	9		0.17	2.68	
Ash....g	3.40		0	NC	4		0.58	9.01	
Carbohydrate, by difference....g	25.60		0		4		4.35	67.84	
Fiber, total dietary....g	1.8		1	MC	9		0.3	4.8	
Sugars, total....g	7.44		1	MC	9		1.26	19.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	51		1	MC	9		9	134	
Iron, Fe....mg	0.12		1	MC	9		0.02	0.32	
Magnesium, Mg....mg	15		0	FLM	4		3	39	
Phosphorus, P....mg	107		0		4		18	284	
Potassium, K....mg	194		0		4		33	514	
Sodium, Na....mg	814		1	MC	9		138	2156	
Zinc, Zn....mg	0.21		0	FLM	4		0.04	0.55	
Copper, Cu....mg	0.015		0	FLM	4		0.003	0.041	
Manganese, Mn....mg	0.010		0	FLM	4		0.002	0.028	
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.1	1.4	
Thiamin....mg	0.040		0		4		0.007	0.106	
Riboflavin....mg	0.166		0	FLM	4		0.028	0.440	
Niacin....mg	0.111		0	FLM	4		0.019	0.295	
Pantothenic acid....mg	0.437		0	FLM	4		0.074	1.159	
Vitamin B-6....mg	0.045		0	FLM	4		0.008	0.120	
Folate, total....µg	2		0	FLM	4		0	4	
Folic acid....µg	0		0	FLM	4		0	0	
Folate, food....µg	2		0	FLM	4		0	4	
Folate, DFE....mcg_DFE	2		0	NC	4		0	4	
Choline, total....mg	16.4		0	FLM	4		2.8	43.4	
Betaine....mg	0.0		0	FLM	4		0.0	0.0	
Vitamin B-12....µg	0.26		0		4		0.04	0.69	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	FLM	4		1	13	
Retinol....µg	5		0	FLM	4		1	12	
Carotene, beta....µg	2		0	FLM	4		0	4	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	18		0	FLM	4		3	48	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	FLM	4		0.01	0.12	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	FLM	4		0.0	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 42192

Salad dressing, blue or roquefort cheese dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.450		0	FLM	4		0.077	1.193	
4:0....g	0.015		0	FLM	4		0.003	0.041	
6:0....g	0.007		0	FLM	4		0.001	0.019	
8:0....g	0.005		0	FLM	4		0.001	0.013	
10:0....g	0.012		0	FLM	4		0.002	0.032	
12:0....g	0.010		0	FLM	4		0.002	0.026	
13:0....g									
14:0....g	0.067		0	FLM	4		0.011	0.176	
15:0....g									
16:0....g	0.220		0	FLM	4		0.037	0.584	
17:0....g									
18:0....g	0.096		0	FLM	4		0.016	0.253	
20:0....g	0.001		0	FLM	4		0.000	0.002	
22:0....g	0.001		0	FLM	4		0.000	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	0.441		0	FLM	4		0.075	1.169	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0	FLM	4		0.004	0.062	
17:1....g									
18:1 undifferentiated....g	0.404		0	FLM	4		0.069	1.071	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.069		0	FLM	4		0.012	0.182	
18:2 undifferentiated....g	0.053		0	FLM	4		0.009	0.140	
18:3 undifferentiated....g	0.008		0	FLM	4		0.001	0.021	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g	0.096		0	FLM	4		0.016	0.253	
Cholesterol....mg	2		0	FLM	4		0	5	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 265g: 1 cup

Calories Factors: Protein 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42153
Salad dressing, blue or roquefort cheese dressing, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.80		0		1		12.45	193.72	
Energy....kcal	86		0		4		14	214	
Energy....kJ	360		0		4		58	897	
Protein....g	2.10		0		1		0.34	5.23	
Total lipid (fat)....g	2.70		1		1		0.43	6.72	
Ash....g	4.20		0	NC	4		0.67	10.46	
Carbohydrate, by difference....g	13.20		0	NC	4		2.11	32.87	
Fiber, total dietary....g	0.0		0		1		0.0	0.0	
Sugars, total....g	3.60		0	BFZN	4		0.58	8.96	
Starch....g									
Minerals:									
Calcium, Ca....mg	68		0		1		11	169	
Iron, Fe....mg	0.14		0		1		0.02	0.35	
Magnesium, Mg....mg	4		0		1		1	10	
Phosphorus, P....mg	47		0		1		8	117	
Potassium, K....mg	51		0		1		8	127	
Sodium, Na....mg	939		0	O	4		150	2338	
Zinc, Zn....mg	0.30		0		1		0.05	0.75	
Copper, Cu....mg	0.013		0		1		0.002	0.032	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.010		0		1		0.002	0.025	
Riboflavin....mg	0.040		0		1		0.006	0.100	
Niacin....mg	0.040		0		1		0.006	0.100	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		1		0.003	0.050	
Folate, total....µg	28		0	BFZN	4		4	69	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	28		0	BFZN	4		4	69	
Folate, DFE....mcg_DFE	28		0	NC	4		4	69	
Choline, total....mg	17.0		0	BFZN	4		2.7	42.3	
Betaine....mg									
Vitamin B-12....µg	0.11		0		1		0.02	0.27	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	67		0	NC	4		11	166	
Retinol....µg	65		0	BFZN	4		10	161	
Carotene, beta....µg	19		0	BFZN	4		3	46	
Carotene, alpha....µg	4		0	BFZN	4		1	11	
Cryptoxanthin, beta....µg	4		0	BFZN	4		1	10	
Vitamin A, IU....IU	254		0	NC	4		41	632	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	126		0	BFZN	4		20	314	
Vitamin E (alpha-tocopherol)....mg	0.90		0	NR	4		0.14	2.24	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	91.0		0	BFZN	4		14.6	226.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 42153

Salad dressing, blue or roquefort cheese dressing, 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
Fatty acids, total saturated....g	0.628		0		1		0.100	1.564	
4:0....g	0.014		0		4		0.002	0.035	
6:0....g	0.008		0		4		0.001	0.020	
8:0....g	0.005		0		4		0.001	0.012	
10:0....g	0.011		0		4		0.002	0.027	
12:0....g	0.012		0		4		0.002	0.030	
13:0....g									
14:0....g	0.051		0		4		0.008	0.127	
15:0....g									
16:0....g	0.350		0		4		0.056	0.872	
17:0....g									
18:0....g	0.167		0		4		0.027	0.416	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.092		0		1		0.175	2.719	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		4		0.003	0.050	
17:1....g									
18:1 undifferentiated....g	1.063		0		4		0.170	2.647	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.855		0		1		0.137	2.129	
18:2 undifferentiated....g	0.789		0		4		0.126	1.965	
18:3 undifferentiated....g	0.064		0		4		0.010	0.159	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	10		0		1		2	25	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 249g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43020
Salad dressing, blue or roquefort cheese, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.50		1		1		11.93	194.78	
Energy....kcal	99		1		1		15	243	
Energy....kJ	414		1		1		62	1015	
Protein....g	5.10		1		1		0.77	12.50	
Total lipid (fat)....g	7.20		1		1		1.08	17.64	
Ash....g	5.30		0	NC	4		0.80	12.99	
Carbohydrate, by difference....g	2.90		0	NC	4		0.44	7.11	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	2.82		0	FLA	4		0.42	6.91	
Starch....g									
Minerals:									
Calcium, Ca....mg	89		1		1		13	218	
Iron, Fe....mg	0.50		1		1		0.08	1.23	
Magnesium, Mg....mg	7		1		1		1	17	
Phosphorus, P....mg	83		1		1		12	203	
Potassium, K....mg	5		1		1		1	12	
Sodium, Na....mg	939		0	O	4		141	2301	
Zinc, Zn....mg	0.25		1		1		0.04	0.61	
Copper, Cu....mg	0.010		1		1		0.002	0.025	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1		1		0.0	0.7	
Thiamin....mg	0.020		1		1		0.003	0.049	
Riboflavin....mg	0.100		1		1		0.015	0.245	
Niacin....mg	0.050		1		1		0.008	0.123	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		1		1		0.003	0.049	
Folate, total....µg	3		1		1		0	7	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	3		1		1		0	7	
Folate, DFE....mcg_DFE	3		0	NC	4		0	7	
Choline, total....mg	17.0		0	BFZN	4		2.6	41.7	
Betaine....mg									
Vitamin B-12....µg	0.23		1		1		0.03	0.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	2		0	FLA	4		0	5	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	3		0	NC	4		0	8	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	FLA	4		0.04	0.62	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.4		0	FLA	4		0.8	13.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.575		0		4		0.386	6.309	
4:0....g	0.069		0		4		0.010	0.169	
6:0....g	0.038		0		4		0.006	0.093	
8:0....g	0.026		0		4		0.004	0.064	
10:0....g	0.062		0		4		0.009	0.152	
12:0....g	0.051		0		4		0.008	0.125	
13:0....g									
14:0....g	0.352		0		4		0.053	0.862	
15:0....g									
16:0....g	1.414		0		4		0.212	3.464	
17:0....g									
18:0....g	0.496		0		4		0.074	1.215	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.783		0		4		0.267	4.368	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0		4		0.015	0.243	
17:1....g									
18:1 undifferentiated....g	1.645		0		4		0.247	4.030	
20:1....g	0.003		0		4		0.000	0.007	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.422		0		4		0.363	5.934	
18:2 undifferentiated....g	2.117		0		4		0.318	5.187	
18:3 undifferentiated....g	0.301		0		4		0.045	0.737	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		4		0.000	0.005	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0		4		0.000	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	1		1		1		0	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43215
Salad dressing, buttermilk, lite

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.04		2	A	1		9.31	18.61	
Energy....kcal	202		0	NC	4		30	61	
Energy....kJ	845		0	NC	4		127	254	
Protein....g	1.25	0.400	4	JA	6		0.19	0.37	
Total lipid (fat)....g	12.42	0.066	4	JA	6		1.86	3.73	
Ash....g	2.96		2	A	1		0.44	0.89	
Carbohydrate, by difference....g	21.33		0	NC	4		3.20	6.40	
Fiber, total dietary....g	1.1	0.282	3	JA	6		0.2	0.3	
Sugars, total....g	3.77	1.055	4	JA	6		0.57	1.13	
Sucrose....g	0.89		2	A	1		0.13	0.27	
Glucose (dextrose)....g	0.66		2	A	1		0.10	0.20	
Fructose....g	0.61		2	A	1		0.09	0.18	
Lactose....g	1.04		2	A	1		0.16	0.31	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	40	12.327	4	JA	6		6	12	
Iron, Fe....mg	0.69	0.369	4	JA	6		0.10	0.21	
Magnesium, Mg....mg	6	1.234	3	A	1		1	2	
Phosphorus, P....mg	193	38.412	3	A	1		29	58	
Potassium, K....mg	132	6.766	3	A	1		20	40	
Sodium, Na....mg	1120		0	O	4		168	336	
Zinc, Zn....mg	0.62	0.041	3	A	1		0.09	0.18	
Copper, Cu....mg	0.162	0.011	3	A	1		0.024	0.048	
Manganese, Mn....mg	0.053	0.006	3	A	1		0.008	0.016	
Selenium, Se....µg	2.9		0	FLA	4		0.4	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.245	4	JA	6		0.1	0.2	
Thiamin....mg	0.022	0.012	3	A	1		0.003	0.007	
Riboflavin....mg	0.027	0.013	3	A	1		0.004	0.008	
Niacin....mg	0.007		1	A	1		0.001	0.002	
Pantothenic acid....mg	0.861	0.033	3	A	1		0.129	0.258	
Vitamin B-6....mg	0.029	0.008	3	A	1		0.004	0.009	
Folate, total....µg	4	0.718	3	A	1		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	0.718	3	A	1		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg	16.0		0	BFZN	4		2.4	4.8	
Betaine....mg									
Vitamin B-12....µg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	18		0	NC	4		3	5	
Retinol....µg	17		0	FLA	4		3	5	
Carotene, beta....µg	4		0	FLA	4		1	1	
Carotene, alpha....µg	2		0	FLA	4		0	1	
Cryptoxanthin, beta....µg	2		0	FLA	4		0	0	
Vitamin A, IU....IU	67		0	NC	4		10	20	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	49		0	FLA	4		7	15	
Vitamin E (alpha-tocopherol)....mg	1.60		0	FLA	4		0.24	0.48	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	34.8		2	A	1		5.2	10.4	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.250		0	NC	4		0.187	0.375	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.013		2	A	1		0.002	0.004	
15:0....g									
16:0....g	0.793		2	A	1		0.119	0.238	
17:0....g	0.004		2	A	1		0.001	0.001	
18:0....g	0.377		2	A	1		0.057	0.113	
20:0....g	0.034		2	A	1		0.005	0.010	
22:0....g	0.028		2	A	1		0.004	0.009	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.794		0	NC	4		0.419	0.838	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.013		0	AS	1		0.002	0.004	
16:1 c....g	0.013		2	A	1		0.002	0.004	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	2.725		0	AS	1		0.409	0.817	
18:1 c....g	2.725		2	A	1		0.409	0.817	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.057		2	A	1		0.008	0.017	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.213		0	NC	4		0.632	1.264	
18:2 undifferentiated....g	3.685		0	AS	1		0.553	1.106	
18:2 n-6 c,c....g	3.626		2	A	1		0.544	1.088	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.059		2	A	1		0.009	0.018	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.527		0	AS	1		0.079	0.158	
18:3 n-3 c,c,c (ALA)....g	0.527		2	A	1		0.079	0.158	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.059		0	NC	4		0.009	0.018	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.009	0.018	
Cholesterol.....mg	16	8.444	5	JA	6		2	5	
Phytosterols.....mg									
Stigmasterol.....mg	9		2	A	1		1	3	
Campesterol.....mg	20		2	A	1		3	6	
Beta-sitosterol.....mg	38		2	A	1		6	11	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving (2 tbsp)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43015
Salad dressing, caesar dressing, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.30		1		1		5.04	80.61	10.29
Energy....kcal	542		0	NC	4		80	1273	163
Energy....kJ	2266		0	NC	4		333	5326	680
Protein....g	2.17		2	MC	9		0.32	5.10	0.65
Total lipid (fat)....g	57.85		0	FLM	4		8.50	135.94	17.35
Ash....g	2.40		0	NC	4		0.35	5.64	0.72
Carbohydrate, by difference....g	3.30		0	NC	4		0.49	7.76	0.99
Fiber, total dietary....g	0.5		2	MC	9		0.1	1.2	0.2
Sugars, total....g	2.81		1	MC	9		0.41	6.60	0.84
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	MC	9		7	113	14
Iron, Fe....mg	1.08		1	MC	9		0.16	2.54	0.32
Magnesium, Mg....mg	2		0	FLM	4		0	6	1
Phosphorus, P....mg	19		1		1		3	45	6
Potassium, K....mg	29		1		1		4	68	9
Sodium, Na....mg	1209		0	O	4		178	2841	363
Zinc, Zn....mg	0.11		1		1		0.02	0.26	0.03
Copper, Cu....mg	0.010		1		1		0.001	0.024	0.003
Manganese, Mn....mg	0.038		0	FLM	4		0.006	0.089	0.011
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.8	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	MC	9		0.0	0.6	0.1
Thiamin....mg	0.010		1		1		0.001	0.024	0.003
Riboflavin....mg	0.010		1		1		0.001	0.024	0.003
Niacin....mg	0.040		1		1		0.006	0.094	0.012
Pantothenic acid....mg	0.083		0	FLM	4		0.012	0.196	0.025
Vitamin B-6....mg	0.025		0	FLM	4		0.004	0.058	0.007
Folate, total....µg	2		1		1		0	5	1
Folic acid....µg	0		0	FLM	4		0	0	0
Folate, food....µg	2		0	NR	4		0	5	1
Folate, DFE....mcg_DFE	2		0	NC	4		0	5	1
Choline, total....mg	15.6		0	AS	1		2.3	36.6	4.7
Betaine....mg	0.5		1	A	1		0.1	1.2	0.2
Vitamin B-12....µg	0.03		1		1		0.00	0.07	0.01
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		1	21	3
Retinol....µg	9		0	FLM	4		1	21	3
Carotene, beta....µg	2		0	FLM	4		0	5	1
Carotene, alpha....µg	1		0	FLM	4		0	2	0
Cryptoxanthin, beta....µg	1		0	FLM	4		0	2	0
Vitamin A, IU....IU	34		0	NC	4		5	81	10
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	22		0	FLM	4		3	52	7
Vitamin E (alpha-tocopherol)....mg	4.74		0	FLM	4		0.70	11.15	1.42
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLM	4		0.0	0.3	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	5		0	FLM	4		1	13	2
Vitamin K (phylloquinone)....µg	104.8		0	FLM	4		15.4	246.4	31.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43015
Salad dressing, caesar dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.789		0		4		1.292	20.654	2.637
4:0....g	0.015		0	FLM	4		0.002	0.035	0.005
6:0....g	0.006		0	FLM	4		0.001	0.013	0.002
8:0....g	0.001		0	FLM	4		0.000	0.002	0.000
10:0....g	0.005		0	FLM	4		0.001	0.013	0.002
12:0....g	0.008		0	FLM	4		0.001	0.019	0.002
13:0....g									
14:0....g	0.032		0	FLM	4		0.005	0.076	0.010
15:0....g	0.003		0	FLM	4		0.000	0.008	0.001
16:0....g	5.838		0	FLM	4		0.858	13.719	1.751
17:0....g									
18:0....g	2.466		0	FLM	4		0.363	5.795	0.740
20:0....g	0.195		0	FLM	4		0.029	0.459	0.059
22:0....g	0.198		0	FLM	4		0.029	0.465	0.059
24:0....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	13.504		0	FLM	4		1.985	31.734	4.051
14:1....g	0.003		0	FLM	4		0.001	0.008	0.001
15:1....g									
16:1 undifferentiated....g	0.030		0	FLM	4		0.004	0.071	0.009
17:1....g									
18:1 undifferentiated....g	13.328		0	FLM	4		1.959	31.320	3.998
20:1....g	0.138		0	FLM	4		0.020	0.325	0.041
22:1 undifferentiated....g	0.002		0	FLM	4		0.000	0.005	0.001
24:1 c....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	32.857		0	FLM	4		4.830	77.214	9.857
18:2 undifferentiated....g	28.970		0	FLM	4		4.259	68.079	8.691
18:3 undifferentiated....g	3.853		0	FLM	4		0.566	9.054	1.156
18:4....g	0.001		0	FLM	4		0.000	0.002	0.000
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.001	0.000
20:4 undifferentiated....g	0.009		0	FLM	4		0.001	0.021	0.003
20:5 n-3 (EPA)....g	0.008		0	FLM	4		0.001	0.019	0.002
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.001	0.000
22:6 n-3 (DHA)....g	0.016		0	FLM	4		0.002	0.037	0.005
Fatty acids, total trans....g									
Cholesterol....mg	39		1	MC	9		6	91	12
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLM	4		0	0	0
Theobromine....mg	0		0	FLM	4		0	0	0

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

Common Measures:

Measure 1 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04705
Salad dressing, caesar, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.10		0	FLC	4		21.79		
Energy....kcal	131		0	NC	4		44		
Energy....kJ	547		0	NC	4		186		
Protein....g	1.47		0	FLC	4		0.50		
Total lipid (fat)....g	0.23		0	FLC	4		0.08		
Ash....g	3.48		0	FLC	4		1.18		
Carbohydrate, by difference....g	30.73		0	NC	4		10.45		
Fiber, total dietary....g	0.2		0	FLC	4		0.1		
Sugars, total....g	8.82		0	FLC	4		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0	FLC	4		11		
Iron, Fe....mg	0.29		0	FLC	4		0.10		
Magnesium, Mg....mg	4		0	FLC	4		1		
Phosphorus, P....mg	30		0	FLC	4		10		
Potassium, K....mg	48		0	FLC	4		16		
Sodium, Na....mg	1265		0	FLC	4		430		
Zinc, Zn....mg	0.30		0	FLC	4		0.10		
Copper, Cu....mg	0.019		0	FLC	4		0.006		
Manganese, Mn....mg	0.040		0	FLC	4		0.014		
Selenium, Se....µg	2.2		0	FLC	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLC	4		0.0		
Thiamin....mg	0.031		0	FLC	4		0.011		
Riboflavin....mg	0.009		0	FLC	4		0.003		
Niacin....mg	0.029		0	FLC	4		0.010		
Pantothenic acid....mg	0.027		0	FLC	4		0.009		
Vitamin B-6....mg	0.040		0	FLC	4		0.014		
Folate, total....µg	2		0	FLC	4		1		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	2		0	FLC	4		1		
Folate, DFE....mcg_DFE	2		0	NC	4		1		
Choline, total....mg	2.4		0	FLC	4		0.8		
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLC	4		0.01		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	FLC	4		0		
Retinol....µg	1		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	4		0	FLC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLC	4		0.01		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04705
Salad dressing, caesar, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.096		0	FLC	4		0.032		
4:0....g	0.005		0	FLC	4		0.002		
6:0....g	0.003		0	FLC	4		0.001		
8:0....g	0.002		0	FLC	4		0.001		
10:0....g	0.004		0	FLC	4		0.001		
12:0....g	0.004		0	FLC	4		0.001		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.015		0	FLC	4		0.005		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.041		0	FLC	4		0.014		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.020		0	FLC	4		0.007		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.001		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.045		0	FLC	4		0.015		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.003		0	FLC	4		0.001		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.039		0	FLC	4		0.013		
20:1....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.010		0	FLC	4		0.003		
18:2 undifferentiated....g	0.007		0	FLC	4		0.002		
18:3 undifferentiated....g	0.002		0	FLC	4		0.001		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 34g: 2 tbsp (1 NLEA serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43021
Salad dressing, caesar, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.20		1		1		10.98	175.68	
Energy....kcal	110		1		1		17	264	
Energy....kJ	460		1		1		69	1105	
Protein....g	0.30		1		1		0.05	0.72	
Total lipid (fat)....g	4.40		1		1		0.66	10.56	
Ash....g	3.50		0	NC	4		0.53	8.40	
Carbohydrate, by difference....g	18.60		0	NC	4		2.79	44.64	
Fiber, total dietary....g	0.1		1		1		0.0	0.2	
Sugars, total....g	16.32		0	FLA	4		2.45	39.17	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1		1		4	58	
Iron, Fe....mg	0.18		1		1		0.03	0.43	
Magnesium, Mg....mg	2		1		1		0	5	
Phosphorus, P....mg	19		1		1		3	46	
Potassium, K....mg	29		1		1		4	70	
Sodium, Na....mg	1148		0	O	4		172	2755	
Zinc, Zn....mg	0.11		1		1		0.02	0.26	
Copper, Cu....mg	0.010		1		1		0.002	0.024	
Manganese, Mn....mg	0.045		0	FLA	4		0.007	0.108	
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.010		1		1		0.002	0.024	
Riboflavin....mg	0.010		1		1		0.002	0.024	
Niacin....mg	0.040		1		1		0.006	0.096	
Pantothenic acid....mg	0.003		0	FLA	4		0.000	0.007	
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....µg	2		1		1		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0	NR	4		0	5	
Folate, DFE....mcg_DFE	2		0	NC	4		0	5	
Choline, total....mg	17.4		0	AS	1		2.6	41.8	
Betaine....mg	0.5		2	A	1		0.1	1.1	
Vitamin B-12....µg	0.03		1		1		0.00	0.07	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	3	
Retinol....µg	1		0	FLA	4		0	2	
Carotene, beta....µg	1		0	FLA	4		0	2	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		1	12	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.71		0	FLA	4		0.11	1.70	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.0		0	FLA	4		0.2	2.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43021
Salad dressing, caesar, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.703		0		4		0.105	1.687	
4:0....g	0.008		0		4		0.001	0.019	
6:0....g	0.003		0		4		0.000	0.007	
8:0....g	0.002		0		4		0.000	0.005	
10:0....g	0.004		0		4		0.001	0.010	
12:0....g	0.006		0		4		0.001	0.014	
13:0....g									
14:0....g	0.025		0		4		0.004	0.060	
15:0....g									
16:0....g	0.469		0		4		0.070	1.126	
17:0....g									
18:0....g	0.171		0		4		0.026	0.410	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.124		0		4		0.169	2.698	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.002	0.034	
17:1....g									
18:1 undifferentiated....g	1.009		0		4		0.151	2.422	
20:1....g	0.024		0		4		0.004	0.058	
22:1 undifferentiated....g	0.066		0		4		0.010	0.158	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.368		0		4		0.355	5.683	
18:2 undifferentiated....g	2.060		0		4		0.309	4.944	
18:3 undifferentiated....g	0.291		0		4		0.044	0.698	
18:4....g	0.001		0		4		0.000	0.002	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.005		0		4		0.001	0.012	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.008		0		4		0.001	0.019	
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		0	5	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43016
Salad dressing, coleslaw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.90		1		1		6.38	99.75	
Energy....kcal	390		1		1		62	975	
Energy....kJ	1632		1		1		261	4079	
Protein....g	0.90		1		1		0.14	2.25	
Total lipid (fat)....g	33.40		1		1		5.34	83.50	
Ash....g	2.00		0	NC	4		0.32	5.00	
Carbohydrate, by difference....g	23.80		0	NC	4		3.81	59.50	
Fiber, total dietary....g	0.1		1		1		0.0	0.3	
Sugars, total....g	20.11		0	FLA	4		3.22	50.27	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		1		2	35	
Iron, Fe....mg	0.20		1		1		0.03	0.50	
Magnesium, Mg....mg	2		1		1		0	5	
Phosphorus, P....mg	26		1		1		4	65	
Potassium, K....mg	9		1		1		1	23	
Sodium, Na....mg	710		1		1		114	1775	
Zinc, Zn....mg	0.18		1		1		0.03	0.45	
Copper, Cu....mg	0.011		1		1		0.002	0.028	
Manganese, Mn....mg	0.108		0	FLA	4		0.017	0.269	
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.010		1		1		0.002	0.025	
Riboflavin....mg	0.020		1		1		0.003	0.050	
Niacin....mg	0.000		1		1		0.000	0.000	
Pantothenic acid....mg	0.131		0	FLA	4		0.021	0.328	
Vitamin B-6....mg	0.020		1		1		0.003	0.050	
Folate, total....µg	14		0	FLA	4		2	34	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	14		0	FLA	4		2	34	
Folate, DFE....mcg_DFE	14		0	NC	4		2	34	
Choline, total....mg	15.3		0	FLA	4		2.4	38.2	
Betaine....mg									
Vitamin B-12....µg	0.21		1		1		0.03	0.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		3	41	
Retinol....µg	16		0	FLA	4		3	40	
Carotene, beta....µg	4		0	FLA	4		1	10	
Carotene, alpha....µg	2		0	FLA	4		0	4	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	4	
Vitamin A, IU....IU	63		0	NC	4		10	157	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	48		0	FLA	4		8	119	
Vitamin E (alpha-tocopherol)....mg	3.08		0	FLA	4		0.49	7.70	
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)....µg	0.1		0	FLA	4		0.0	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	FLA	4		0	7	
Vitamin K (phylloquinone)....µg	63.7		0	FLA	4		10.2	159.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43016
Salad dressing, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.900		1		1		0.784	12.250	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.100		0		4		0.016	0.250	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	3.500		0		4		0.560	8.750	
17:0....g									
18:0....g	1.400		0		4		0.224	3.500	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.000		1		1		1.440	22.500	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	9.000		0		4		1.440	22.500	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.000		1		1		2.880	45.000	
18:2 undifferentiated....g	16.000		0		4		2.560	40.000	
18:3 undifferentiated....g	2.000		0		4		0.320	5.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26		1		1		4	65	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1		1		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04120
Salad dressing, french dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.56	2.490	5	A	1		5.85	91.39	
Energy....kcal	457		0	NC	4		73	1143	
Energy....kJ	1913		0	NC	4		306	4782	
Protein (N x 6.25)....g	0.77	0.132	5	A	1		0.12	1.91	
Total lipid (fat)....g	44.81	2.449	5	A	1		7.17	112.02	
Ash....g	2.29	0.119	5	A	1		0.37	5.73	
Carbohydrate, by difference....g	15.58		0	NC	4		2.49	38.95	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	15.95		1	A	1		2.55	39.88	
Sucrose....g	3.89		1	A	1		0.62	9.72	
Glucose (dextrose)....g	6.71		1	A	1		1.07	16.77	
Fructose....g	5.36		1	A	1		0.86	13.40	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	24	5.376	5	A	1		4	59	
Iron, Fe....mg	0.80	0.082	5	A	1		0.13	1.99	
Magnesium, Mg....mg	5	0.207	5	A	1		1	13	
Phosphorus, P....mg	19	3.658	5	A	1		3	48	
Potassium, K....mg	67	6.129	5	A	1		11	167	
Sodium, Na....mg	836	54.415	5	A	1		134	2090	
Zinc, Zn....mg	0.29	0.099	5	A	1		0.05	0.73	
Copper, Cu....mg	0.000	0.000	5	A	1		0.000	0.000	
Manganese, Mn....mg	0.021	0.021	5	A	1		0.003	0.051	
Selenium, Se....µg	0.0		2	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.6		2	MC	9		0.6	8.9	
Thiamin....mg	0.019		2	A	1		0.003	0.048	
Riboflavin....mg	0.053		2	A	1		0.008	0.133	
Niacin....mg	0.188		2	A	1		0.030	0.470	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	4.6		0	AS	1		0.7	11.6	
Betaine....mg	0.3		1	A	1		0.1	0.9	
Vitamin B-12....µg	0.14		0		4		0.02	0.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	23		0	NC	4		4	58	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	232	38.337	5	A	1		37	581	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	92	19.705	5	A	1		15	230	
Vitamin A, IU....IU	464		0	NC	4		74	1159	
Lycopene....µg	373	297.248	5	A	1		60	933	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.80	12.50	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04120
Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	121.4		1	A	1		19.4	303.5	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.648		0	NC	4		0.904	14.119	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g									
16:0....g	4.937		2	A	1		0.790	12.343	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.420		2	A	1		0.067	1.050	
20:0....g	0.133		2	A	1		0.021	0.333	
22:0....g	0.158		2	A	1		0.025	0.394	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	8.433		0	NC	4		1.349	21.081	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	8.284		2	A	1		1.325	20.710	
20:1....g	0.149		2	A	1		0.024	0.371	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.029		0	NC	4		3.365	52.571	
18:2 undifferentiated....g	18.292		2	A	1		2.927	45.730	
18:3 undifferentiated....g	2.737		2	A	1		0.438	6.841	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	FLA	4		0.001	0.018	
Threonine....g	0.016		0	FLA	4		0.003	0.039	
Isoleucine....g	0.022		0	FLA	4		0.003	0.054	
Leucine....g	0.034		0	FLA	4		0.005	0.086	
Lysine....g	0.019		0	FLA	4		0.003	0.048	
Methionine....g	0.011		0	FLA	4		0.002	0.028	
Cystine....g	0.006		0	FLA	4		0.001	0.014	
Phenylalanine....g	0.016		0	FLA	4		0.003	0.040	
Tyrosine....g	0.007		0	FLA	4		0.001	0.018	
Valine....g	0.024		0	FLA	4		0.004	0.060	
Arginine....g	0.056		0	FLA	4		0.009	0.140	
Histidine....g	0.010		0	FLA	4		0.002	0.026	
Alanine....g	0.012		0	FLA	4		0.002	0.029	
Aspartic acid....g	0.043		0	FLA	4		0.007	0.108	
Glutamic acid....g	0.071		0	FLA	4		0.011	0.178	
Glycine....g	0.018		0	FLA	4		0.003	0.044	
Proline....g	0.009		0	FLA	4		0.001	0.022	
Serine....g	0.017		0	FLA	4		0.003	0.042	
Hydroxyproline....g									

NDB No. 04120
Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.56	2.490	5	A	1		5.48		
Energy....kcal	459		0	NC	4		69		
Energy....kJ	1919		0	NC	4		288		
Protein (N x 6.25)....g	0.77	0.132	5	A	1		0.11		
Total lipid (fat)....g	44.81	2.449	5	A	1		6.72		
Ash....g	2.29	0.119	5	A	1		0.34		
Carbohydrate, by difference....g	15.58		0	NC	4		2.34		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	15.95		1	A	1		2.39		
Sucrose....g	3.89		1	A	1		0.58		
Glucose (dextrose)....g	6.71		1	A	1		1.01		
Fructose....g	5.36		1	A	1		0.80		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	24	5.376	5	A	1		4		
Iron, Fe....mg	0.80	0.082	5	A	1		0.12		
Magnesium, Mg....mg	5	0.207	5	A	1		1		
Phosphorus, P....mg	19	3.658	5	A	1		3		
Potassium, K....mg	67	6.129	5	A	1		10		
Sodium, Na....mg	0		0		1		0		
Zinc, Zn....mg	0.29	0.099	5	A	1		0.04		
Copper, Cu....mg	0.000	0.000	5	A	1		0.000		
Manganese, Mn....mg	0.021	0.021	5	A	1		0.003		
Selenium, Se....µg	0.0		2	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.019		2	A	1		0.003		
Riboflavin....mg	0.053		2	A	1		0.008		
Niacin....mg	0.188		2	A	1		0.028		
Pantothenic acid....mg	0.000		1	A	1		0.000		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		1	A	1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	23		0	NC	4		3		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	232	38.337	5	A	1		35		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	92	19.705	5	A	1		14		
Vitamin A, IU....IU	464		0	NC	4		70		
Lycopene....µg	373	297.248	5	A	1		56		
Lutein + zeaxanthin....µg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)....mg	4.12		0	FLA	4		0.62		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	121.4		1	A	1		18.2		

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.648		0	NC	4		0.847		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.000		
15:0....g									
16:0....g	4.937		2	A	1		0.741		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.420		2	A	1		0.063		
20:0....g	0.133		2	A	1		0.020		
22:0....g	0.158		2	A	1		0.024		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	8.433		0	NC	4		1.265		
14:1....g	0.000		2	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	8.284		2	A	1		1.243		
20:1....g	0.149		2	A	1		0.022		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.029		0	NC	4		3.154		
18:2 undifferentiated....g	18.292		2	A	1		2.744		
18:3 undifferentiated....g	2.737		2	A	1		0.410		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04367
Salad dressing, french dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.04	0.403	3	A	1		10.41	166.51	
Energy....kcal	132		0	NC	4		21	337	
Energy....kJ	551		0	NC	4		88	1411	
Protein....g	0.20	0.007	3	A	1		0.03	0.51	
Total lipid (fat)....g	0.27	0.065	3	A	1		0.04	0.68	
Ash....g	2.35	0.042	3	A	1		0.38	6.02	
Carbohydrate, by difference....g	32.14		0	NC	4		5.14	82.28	
Fiber, total dietary....g	2.2		1	A	1		0.3	5.6	
Sugars, total....g	16.45		0	O	4		2.63	42.11	
Sucrose....g	5.50		2	A	1		0.88	14.08	
Glucose (dextrose)....g	4.68		2	A	1		0.75	11.99	
Fructose....g	5.05		2	A	1		0.81	12.93	
Lactose....g									
Maltose....g	1.21		2	A	1		0.19	3.10	
Galactose....g									
Starch....g	14.48		2	A	1		2.32	37.08	
Minerals:									
Calcium, Ca....mg	5	0.448	3	A	1		1	12	
Iron, Fe....mg	0.58	0.101	3	A	1		0.09	1.49	
Magnesium, Mg....mg	3	0.115	3	A	1		0	8	
Phosphorus, P....mg	0	0.058	3	A	1		0	1	
Potassium, K....mg	84	4.213	3	A	1		13	214	
Sodium, Na....mg	853		0	O	4		136	2184	
Zinc, Zn....mg	0.10	0.006	3	A	1		0.02	0.25	
Copper, Cu....mg	0.121	0.069	3	A	1		0.019	0.309	
Manganese, Mn....mg	0.024	0.003	3	A	1		0.004	0.060	
Selenium, Se....µg	2.0		1	A	1		0.3	5.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.011		1	A	1		0.002	0.028	
Riboflavin....mg	0.026		1	A	1		0.004	0.067	
Niacin....mg	0.112		1	A	1		0.018	0.287	
Pantothenic acid....mg	0.002		0	FLA	4		0.000	0.005	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	14		1	A	1		2	35	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		1	A	1		2	35	
Folate, DFE....mcg_DFE	14		0	NC	4		2	35	
Choline, total....mg	4.0		0	BFZN	4		0.6	10.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		1	10	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	38	4.163	3	A	1		6	97	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	15		2	A	1		2	37	
Vitamin A, IU....IU	75		0	AS	1		12	193	
Lycopene....µg	319	12.875	3	A	1		51	817	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLA	4		0.00	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04367
Salad dressing, french dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	FLA	4		0.0	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.006	0.095	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		1	A	1		0.000	0.006	
13:0.....g									
14:0.....g	0.002		1	A	1		0.000	0.006	
15:0.....g									
16:0.....g	0.018		1	A	1		0.003	0.047	
17:0.....g									
18:0.....g	0.012		1	A	1		0.002	0.030	
20:0.....g									
22:0.....g									
24:0.....g	0.002		1	A	1		0.000	0.006	
Fatty acids, total monounsaturated.....g	0.141		0	NC	4		0.023	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1	A	1		0.000	0.006	
17:1.....g	0.009		1	A	1		0.001	0.024	
18:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
20:1.....g	0.032		1	A	1		0.005	0.083	
22:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.010	0.160	
18:2 undifferentiated.....g	0.042		1	A	1		0.007	0.106	
18:3 undifferentiated.....g	0.018		1	A	1		0.003	0.047	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.006	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 256g: 1 cup

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

NDB No. 04367
Salad dressing, french dressing, fat-free

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42171
Salad dressing, french dressing, reduced calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.00		1		1		9.44	153.40	
Energy....kcal	200		1		1		32	520	
Energy....kJ	837		1		1		134	2176	
Protein....g	0.40		1		1		0.06	1.04	
Total lipid (fat)....g	13.00		1		1		2.08	33.80	
Ash....g	0.60		0	NC	4		0.10	1.56	
Carbohydrate, by difference....g	27.00		0	NC	4		4.32	70.20	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	25.92		0	BFCN	4		4.15	67.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		4		2	29	
Iron, Fe....mg	0.40		0		4		0.06	1.04	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	14		0		4		2	36	
Potassium, K....mg	79		0		4		13	205	
Sodium, Na....mg	838		0	O	4		134	2179	
Zinc, Zn....mg	0.18		0		4		0.03	0.47	
Copper, Cu....mg	0.010		0		4		0.002	0.026	
Manganese, Mn....mg	0.071		0	FLA	4		0.011	0.185	
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.026		0	FLA	4		0.004	0.069	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	2		0	FLA	4		0	4	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	FLA	4		0	4	
Folate, DFE....mcg_DFE	2		0	NC	4		0	4	
Choline, total....mg	4.0		0	BFZN	4		0.6	10.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	FLA	4		2	26	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	120		0	FLA	4		19	313	
Carotene, alpha....µg	4		0	FLA	4		1	10	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	204		0	FLA	4		33	530	
Lycopene....µg	3843		0	FLA	4		615	9993	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.86		0	FLA	4		0.46	7.44	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.8		0	FLA	4		0.8	12.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 42171
Salad dressing, french dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.872		0		4		0.300	4.867	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.013		0		4		0.002	0.034	
15:0....g									
16:0....g	1.339		0		4		0.214	3.481	
17:0....g									
18:0....g	0.494		0		4		0.079	1.284	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.029		0		4		0.485	7.875	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		4		0.004	0.068	
17:1....g									
18:1 undifferentiated....g	2.964		0		4		0.474	7.706	
20:1....g	0.026		0		4		0.004	0.068	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.527		0		4		1.204	19.570	
18:2 undifferentiated....g	6.630		0		4		1.061	17.238	
18:3 undifferentiated....g	0.884		0		4		0.141	2.298	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 260g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04020
Salad dressing, french dressing, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.28	0.082	3	A	1		8.68	141.12	16.28
Energy	kcal	222		0	NC	4		35	577	67
Energy	kJ	928		0	NC	4		149	2414	278
Protein (N x 6.25)	g	0.58	0.032	5	JA	6		0.09	1.51	0.17
Total lipid (fat)	g	11.52	2.152	5	JA	6		1.84	29.94	3.45
Ash	g	2.40	0.021	3	A	1		0.38	6.25	0.72
Carbohydrate, by difference	g	31.22		0	NC	4		5.00	81.18	9.37
Fiber, total dietary	g	1.5		3	JA	6		0.2	4.0	0.5
Sugars, total	g	16.86		2	MA	12		2.70	43.84	5.06
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1.194	5	JA	6		2	29	3
Iron, Fe	mg	0.73	0.143	5	JA	6		0.12	1.90	0.22
Magnesium, Mg	mg	8	0.145	3	A	1		1	20	2
Phosphorus, P	mg	16	1.714	3	A	1		3	41	5
Potassium, K	mg	107	1.943	3	A	1		17	278	32
Sodium, Na	mg	838		0	O	4		134	2179	251
Zinc, Zn	mg	0.20	0.033	3	A	1		0.03	0.52	0.06
Copper, Cu	mg	0.160		1	A	1		0.026	0.416	0.048
Manganese, Mn	mg	0.110		1	A	1		0.018	0.286	0.033
Selenium, Se	µg	1.6		0	CAZN	4		0.3	4.2	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		2	MA	12		0.8	12.4	1.4
Thiamin	mg	0.024		1	A	1		0.004	0.062	0.007
Riboflavin	mg	0.052		1	A	1		0.008	0.135	0.016
Niacin	mg	0.467		1	A	1		0.075	1.214	0.140
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.055		1	A	1		0.009	0.143	0.017
Folate, total	µg	2		0	FLA	4		0	4	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	2		0	FLA	4		0	4	0
Folate, DFE	mcg_DFE	2		0	NC	4		0	4	0
Choline, total	mg	4.0		0	BFZN	4		0.6	10.3	1.2
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	27		0	NC	4		4	70	8
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	289	20.276	3	A	1		46	752	87
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	70	2.333	3	A	1		11	183	21
Vitamin A, IU	IU	541		0	NC	4		87	1406	162
Lycopene	µg	2530	165.125	3	A	1		405	6578	759
Lutein + zeaxanthin	µg	124		0	NR	4		20	322	37
Vitamin E (alpha-tocopherol)	mg	1.00		0		4		0.16	2.60	0.30
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									

NDB No. 04020
Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	17.8		0	FLA	4		2.8	46.2	5.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.842		0	NC	4		0.135	2.189	0.253
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	Z	7		0.000	0.000	0.000
15:0....g									
16:0....g	0.611		1	A	1		0.098	1.589	0.183
17:0....g									
18:0....g	0.231		1	A	1		0.037	0.599	0.069
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.518		0	NC	4		0.723	11.747	1.355
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	4.407		1	A	1		0.705	11.458	1.322
20:1....g	0.111		1	A	1		0.018	0.289	0.033
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.852		0	NC	4		0.616	10.016	1.156
18:2 undifferentiated....g	2.956		1	A	1		0.473	7.686	0.887
18:3 undifferentiated....g	0.896		1	A	1		0.143	2.330	0.269
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		2	MA	12		0	1	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0	FLA	4		0.001	0.009	0.001
Threonine....g	0.014		0	FLA	4		0.002	0.036	0.004
Isoleucine....g	0.010		0	FLA	4		0.002	0.025	0.003
Leucine....g	0.015		0	FLA	4		0.002	0.039	0.005
Lysine....g	0.017		0	FLA	4		0.003	0.043	0.005
Methionine....g	0.002		0	FLA	4		0.000	0.006	0.001
Cystine....g	0.003		0	FLA	4		0.000	0.007	0.001
Phenylalanine....g	0.016		0	FLA	4		0.003	0.042	0.005
Tyrosine....g	0.007		0	FLA	4		0.001	0.018	0.002
Valine....g	0.010		0	FLA	4		0.002	0.027	0.003
Arginine....g	0.011		0	FLA	4		0.002	0.027	0.003
Histidine....g	0.008		0	FLA	4		0.001	0.020	0.002
Alanine....g	0.026		0	FLA	4		0.004	0.068	0.008
Aspartic acid....g	0.093		0	FLA	4		0.015	0.243	0.028
Glutamic acid....g	0.254		0	FLA	4		0.041	0.659	0.076
Glycine....g	0.008		0	FLA	4		0.001	0.021	0.002
Proline....g	0.011		0	FLA	4		0.002	0.028	0.003
Serine....g	0.015		0	FLA	4		0.002	0.038	0.004
Hydroxyproline....g									

NDB No. 04020
Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04142
Salad dressing, french dressing, reduced fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.28	0.082	3	A	1		8.68	141.12	
Energy....kcal	233		0	NC	4		37	605	
Energy....kJ	974		0	NC	4		156	2532	
Protein (N x 6.25)....g	0.58	0.045	3	A	1		0.09	1.52	
Total lipid (fat)....g	13.46	1.312	3	A	1		2.15	34.99	
Ash....g	2.40	0.021	3	A	1		0.38	6.25	
Carbohydrate, by difference....g	29.28		0	NC	4		4.68	76.13	
Fiber, total dietary....g	1.1		1	A	1		0.2	2.8	
Sugars, total....g	28.45		0	AS	1		4.55	73.97	
Sucrose....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose)....g	15.66		1	A	1		2.51	40.73	
Fructose....g	12.49		1	A	1		2.00	32.48	
Lactose....g	0.00		0	Z	7		0.00	0.00	
Maltose....g	0.29		1	A	1		0.05	0.76	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g	0.86		1	A	1		0.14	2.24	
Minerals:									
Calcium, Ca....mg	11	1.674	3	A	1		2	29	
Iron, Fe....mg	0.87	0.064	3	A	1		0.14	2.26	
Magnesium, Mg....mg	8	0.145	3	A	1		1	20	
Phosphorus, P....mg	16	1.714	3	A	1		3	41	
Potassium, K....mg	107	1.943	3	A	1		17	278	
Sodium, Na....mg	30		0		1		5	78	
Zinc, Zn....mg	0.20	0.033	3	A	1		0.03	0.52	
Copper, Cu....mg	0.160		1	A	1		0.026	0.416	
Manganese, Mn....mg	0.110		1	A	1		0.018	0.286	
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.024		1	A	1		0.004	0.062	
Riboflavin....mg	0.052		1	A	1		0.008	0.135	
Niacin....mg	0.467		1	A	1		0.075	1.214	
Pantothenic acid....mg	0.026		0	FLA	4		0.004	0.069	
Vitamin B-6....mg	0.055		1	A	1		0.009	0.143	
Folate, total....µg	2		0	NR	4		0	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0	FLA	4		0	4	
Folate, DFE....mcg_DFE	2		0	NC	4		0	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	27		0	NC	4		4	70	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	289	20.276	3	A	1		46	752	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	70	2.333	3	A	1		11	183	
Vitamin A, IU....IU	541		0	NC	4		87	1406	
Lycopene....µg	2530	165.125	3	A	1		405	6578	
Lutein + zeaxanthin....µg	124		0	NR	4		20	322	
Vitamin E (alpha-tocopherol)....mg	2.86		0	FLA	4		0.46	7.44	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	4.8		0	FLA	4		0.8	12.6	

NDB No. 04142
Salad dressing, french dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.099		0	NC	4		0.176	2.857	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.000		0	Z	7		0.000	0.000	
15:0....g									
16:0....g	0.798		1	A	1		0.128	2.075	
17:0....g									
18:0....g	0.301		1	A	1		0.048	0.783	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.898		0	NC	4		0.944	15.335	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.753		1	A	1		0.920	14.958	
20:1....g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated....g	3.859		1	A	1		0.617	10.033	
18:3 undifferentiated....g	1.170		1	A	1		0.187	3.042	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04146
Salad dressing, french, cottonseed, oil, home recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		3.39	53.24	
Energy	kcal	631		0	NC	4		88	1388	
Energy	kJ	2640		0		4		370	5807	
Protein (N x 6.25)	g	0.10		0		1		0.01	0.22	
Total lipid (fat)	g	70.20		0		1		9.83	154.44	
Ash	g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference	g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		1	13	
Iron, Fe	mg	0.20		0		1		0.03	0.44	
Magnesium, Mg	mg									
Phosphorus, P	mg	3		0		1		0	6	
Potassium, K	mg	24		0		1		3	52	
Sodium, Na	mg	658		0		1		92	1448	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.001	0.022	
Riboflavin	mg	0.020		0		1		0.003	0.044	
Niacin	mg	0.130		0		1		0.018	0.286	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	18.200		0		1		2.548	40.040	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g									
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									

NDB No. 04146
Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04133
Salad dressing, french, home recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.20		0		1		3.39	53.24	
Energy....kcal	631		0	NC	4		88	1388	
Energy....kJ	2640		0		4		370	5807	
Protein (N x 6.25)....g	0.10		0		1		0.01	0.22	
Total lipid (fat)....g	70.20		0		1		9.83	154.44	
Ash....g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference....g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		1	13	
Iron, Fe....mg	0.20		0		1		0.03	0.44	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	3		0		1		0	6	
Potassium, K....mg	24		0		1		3	52	
Sodium, Na....mg	658		0		1		92	1448	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.1	1.3	
Thiamin....mg	0.010		0		1		0.001	0.022	
Riboflavin....mg	0.020		0		1		0.003	0.044	
Niacin....mg	0.130		0		1		0.018	0.286	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	26		0		1		4	57	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	514		0		1		72	1131	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	8.00		0		4		1.12	17.60	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.600		0		1		1.764	27.720	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04133
Salad dressing, french, home recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.200		0		1		0.028	0.440	
15:0 g									
16:0 g	9.800		0		1		1.372	21.560	
17:0 g									
18:0 g	2.600		0		1		0.364	5.720	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	20.700		0		1		2.898	45.540	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		0		1		0.028	0.440	
17:1 g									
18:1 undifferentiated g	20.500		0		1		2.870	45.100	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	33.700		0		1		4.718	74.140	
18:2 undifferentiated g	31.700		0		1		4.438	69.740	
18:3 undifferentiated g	1.900		0		1		0.266	4.180	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	176		0		4		25	387	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

NDB No. 04133
Salad dressing, french, home recipe

Measure 2 = 220g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43017
Salad dressing, green goddess, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.03		0	FLC	4		6.75	110.31	
Energy....kcal	427		0	NC	4		64	1046	
Energy....kJ	1787		0	NC	4		268	4377	
Protein....g	1.90		1		1		0.29	4.66	
Total lipid (fat)....g	43.33		0	FLC	4		6.50	106.17	
Ash....g	2.38		0	FLC	4		0.36	5.84	
Carbohydrate, by difference....g	7.36		0	NC	4		1.10	18.02	
Fiber, total dietary....g	0.1		0		1		0.0	0.2	
Sugars, total....g	6.67		0	FLC	4		1.00	16.33	
Starch....g									
Minerals:									
Calcium, Ca....mg	34		1		1		5	83	
Iron, Fe....mg	0.35		1		1		0.05	0.86	
Magnesium, Mg....mg	7		1		1		1	17	
Phosphorus, P....mg	31		1		1		5	76	
Potassium, K....mg	58		1		1		9	142	
Sodium, Na....mg	867		1	LC	8		130	2123	
Zinc, Zn....mg	0.25		1		1		0.04	0.61	
Copper, Cu....mg	0.010		1		1		0.002	0.025	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1		1		0.0	0.5	
Thiamin....mg	0.020		1		1		0.003	0.049	
Riboflavin....mg	0.050		1		1		0.008	0.123	
Niacin....mg	0.140		1		1		0.021	0.343	
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		1		1		0.002	0.025	
Folate, total....µg	4		1		1		1	10	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	4		1		1		1	10	
Folate, DFE....mcg_DFE	4		0	NC	4		1	10	
Choline, total....mg	3.6		0	BFZN	4		0.5	8.8	
Betaine....mg									
Vitamin B-12....µg	0.26		1		1		0.04	0.64	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		2	25	
Retinol....µg	10		0	NC	4		2	25	
Carotene, beta....µg	3		0	FLA	4		0	8	
Carotene, alpha....µg	1		0	FLA	4		0	3	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	3	
Vitamin A, IU....IU	41		0	NC	4		6	100	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	39		0	FLA	4		6	95	
Vitamin E (alpha-tocopherol)....mg	4.60		0	FLA	4		0.69	11.26	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	96.7		0	FLA	4		14.5	236.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43017
Salad dressing, green goddess, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.978		0	NC	4		0.897	14.647	
4:0....g	0.016		0		4		0.002	0.038	
6:0....g	0.009		0		4		0.001	0.022	
8:0....g	0.006		0		4		0.001	0.014	
10:0....g	0.012		0		4		0.002	0.030	
12:0....g	0.013		0		4		0.002	0.032	
13:0....g									
14:0....g	0.089		0		4		0.013	0.218	
15:0....g									
16:0....g	4.254		0		4		0.638	10.422	
17:0....g									
18:0....g	1.580		0		4		0.237	3.870	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.423		0	NC	4		1.413	23.086	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.091		0		4		0.014	0.222	
17:1....g									
18:1 undifferentiated....g	9.252		0		4		1.388	22.668	
20:1....g	0.080		0		4		0.012	0.196	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	23.165		0	NC	4		3.475	56.755	
18:2 undifferentiated....g	20.436		0		4		3.065	50.067	
18:3 undifferentiated....g	2.730		0		4		0.409	6.688	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	40		0		1		6	98	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04134
Salad dressing, home recipe, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.20		0		1		11.07	176.46	
Energy	kcal	157		0	NC	4		25	400	
Energy	kJ	656		0		4		105	1673	
Protein (N x 6.25)	g	4.20		0		1		0.67	10.71	
Total lipid (fat)	g	9.50		0		1		1.52	24.23	
Ash	g	2.40		0		1		0.38	6.12	
Carbohydrate, by difference	g	14.90		0	NC	4		2.38	38.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	9.07		0	RA	4		1.45	23.13	
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		1		13	214	
Iron, Fe	mg	0.50		0		1		0.08	1.28	
Magnesium, Mg	mg	8		0		4		1	20	
Phosphorus, P	mg	87		0		1		14	222	
Potassium, K	mg	121		0		1		19	309	
Sodium, Na	mg	734		0		1		117	1872	
Zinc, Zn	mg	0.35		0		4		0.06	0.89	
Copper, Cu	mg	0.010		0		4		0.002	0.026	
Manganese, Mn	mg									
Selenium, Se	µg	1.6		0	CAZN	4		0.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.1	1.5	
Thiamin	mg	0.060		0		1		0.010	0.153	
Riboflavin	mg	0.150		0		1		0.024	0.383	
Niacin	mg	0.250		0		1		0.040	0.638	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.030		0		4		0.005	0.077	
Folate, total	µg	17		0	RA	4		3	43	
Folic acid	µg	7		0	RA	4		1	17	
Folate, food	µg	11		0	RA	4		2	27	
Folate, DFE	mcg_DFE	22		0	NC	4		4	56	
Choline, total	mg	47.9		0	RA	4		7.7	122.1	
Betaine	mg									
Vitamin B-12	µg	0.35		0		4		0.06	0.89	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	50		0	NC	4		8	128	
Retinol	µg	49		0	RA	4		8	125	
Carotene, beta	µg	3		0	RA	4		0	8	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	1		0	RA	4		0	3	
Vitamin A, IU	IU	171		0	RA	4		27	436	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	50		0	RA	4		8	128	
Vitamin E (alpha-tocopherol)	mg	0.80		0	RA	4		0.13	2.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.9		0	RA	4		0.1	2.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	34		0	RA	4		5	87	
Vitamin K (phylloquinone)	µg	13.8		0	RA	4		2.2	35.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04134
Salad dressing, home recipe, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.900		0		1		0.464	7.395	
4:0....g	0.100		0		1		0.016	0.255	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.100		0		1		0.016	0.255	
12:0....g	0.100		0		1		0.016	0.255	
13:0....g									
14:0....g	0.200		0		1		0.032	0.510	
15:0....g									
16:0....g	1.600		0		1		0.256	4.080	
17:0....g									
18:0....g	0.800		0		1		0.128	2.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.800		0		1		0.608	9.690	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.016	0.255	
17:1....g									
18:1 undifferentiated....g	3.700		0		1		0.592	9.435	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.100		0		1		0.336	5.355	
18:2 undifferentiated....g	2.000		0		1		0.320	5.100	
18:3 undifferentiated....g	0.100		0		1		0.016	0.255	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	57		0		4		9	145	
Phytosterols....mg	24		0		4		4	61	
Amino Acids:									
Tryptophan....g	0.063		0	NR	4		0.010	0.161	
Threonine....g	0.183		0	NR	4		0.029	0.467	
Isoleucine....g	0.259		0	NR	4		0.041	0.661	
Leucine....g	0.449		0	NR	4		0.072	1.146	
Lysine....g	0.329		0	NR	4		0.053	0.838	
Methionine....g	0.132		0	NR	4		0.021	0.338	
Cystine....g	0.130		0	NR	4		0.021	0.332	
Phenylalanine....g	0.256		0	NR	4		0.041	0.654	
Tyrosine....g	0.206		0	NR	4		0.033	0.526	
Valine....g	0.319		0	NR	4		0.051	0.814	
Arginine....g	0.241		0	NR	4		0.039	0.615	
Histidine....g	0.116		0	NR	4		0.018	0.295	
Alanine....g	0.223		0	NR	4		0.036	0.569	
Aspartic acid....g	0.459		0	NR	4		0.073	1.169	
Glutamic acid....g	0.993		0	NR	4		0.159	2.533	
Glycine....g	0.138		0	NR	4		0.022	0.351	
Proline....g	0.395		0	NR	4		0.063	1.006	
Serine....g	0.205		0	NR	4		0.033	0.522	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

NDB No. 04134
Salad dressing, home recipe, cooked

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

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 255g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.40		0		1		7.58	118.50	
Energy	kcal	449		0	NC	4		72	1122	
Energy	kJ	1878		0		4		300	4694	
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	50.10		0		1		8.02	125.25	
Ash	g	0.00		0		4		0.00	0.00	
Carbohydrate, by difference	g	2.50		0	NC	4		0.40	6.25	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	2.50		0	NC	4		0.40	6.25	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	8		0		1		1	19	
Sodium, Na	mg	1		0		1		0	1	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	µg	1.6		0	CAZN	4		0.3	4.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	0		0		4		0	0	
Folic acid	µg	0		0	FLC	4		0	0	
Folate, food	µg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.1		0	NR	4		0.0	0.2	
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	0		0	FLC	4		0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	4.61		0	FLC	4		0.74	11.52	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	98.8		0	FLC	4		15.8	247.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.100		0		1		1.456	22.750	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.200		0		1		0.032	0.500	
15:0....g									
16:0....g	7.000		0		1		1.120	17.500	
17:0....g									
18:0....g	1.900		0		1		0.304	4.750	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.800		0		1		2.368	37.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.016	0.250	
17:1....g									
18:1 undifferentiated....g	14.700		0		1		2.352	36.750	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	24.100		0		1		3.856	60.250	
18:2 undifferentiated....g	22.700		0		1		3.632	56.750	
18:3 undifferentiated....g	1.400		0		1		0.224	3.500	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	66		0		4		11	165	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

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

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 250g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04686

Salad dressing, honey mustard dressing, reduced calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.19		0	FLC	4		17.16		
Energy....kcal	207		0	FLC	4		62		
Energy....kJ	866		0	FLC	4		260		
Protein....g	0.98		0	FLC	4		0.29		
Total lipid (fat)....g	10.00		0	FLC	4		3.00		
Ash....g	2.56		0	FLC	4		0.77		
Carbohydrate, by difference....g	29.27		0	NC	4		8.78		
Fiber, total dietary....g	0.8		0	FLC	4		0.2		
Sugars, total....g	18.33		0	FLC	4		5.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	67		2	LC	8		20		
Iron, Fe....mg	0.41		0	FLC	4		0.12		
Magnesium, Mg....mg	12		0	FLC	4		4		
Phosphorus, P....mg	28		0	FLC	4		9		
Potassium, K....mg	55		0	FLC	4		17		
Sodium, Na....mg	900		0	FLC	4		270		
Zinc, Zn....mg	0.17		0	FLC	4		0.05		
Copper, Cu....mg	0.025		0	FLC	4		0.007		
Manganese, Mn....mg	0.144		0	FLC	4		0.043		
Selenium, Se....µg	6.8		0	FLC	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLC	4		0.1		
Thiamin....mg	0.070		0	FLC	4		0.021		
Riboflavin....mg	0.013		0	FLC	4		0.004		
Niacin....mg	0.118		0	FLC	4		0.035		
Pantothenic acid....mg	0.071		0	FLC	4		0.021		
Vitamin B-6....mg	0.020		0	FLC	4		0.006		
Folate, total....µg	2		0	FLC	4		1		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	2		0	FLC	4		1		
Folate, DFE....mcg_DFE	2		0	NC	4		1		
Choline, total....mg	4.9		0	FLC	4		1.5		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	6		0	FLC	4		2		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	5		0	FLC	4		2		
Vitamin A, IU....IU	14		0	FLC	4		4		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	4		0	FLC	4		1		
Vitamin E (alpha-tocopherol)....mg	1.46		0	FLC	4		0.44		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	13.3		0	FLC	4		4.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04686

Salad dressing, honey mustard dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.833		2	LC	8		0.250		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.002		0	FLC	4		0.001		
15:0....g									
16:0....g	0.490		0	FLC	4		0.147		
17:0....g									
18:0....g	0.208		0	FLC	4		0.063		
20:0....g	0.005		0	FLC	4		0.001		
22:0....g	0.004		0	FLC	4		0.001		
24:0....g	0.002		0	FLC	4		0.001		
Fatty acids, total monounsaturated....g	5.573		0	FLC	4		1.672		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.020		0	FLC	4		0.006		
17:1....g									
18:1 undifferentiated....g	4.999		0	FLC	4		1.500		
20:1....g	0.207		0	FLC	4		0.062		
22:1 undifferentiated....g	0.300		0	FLC	4		0.090		
24:1 c....g	0.017		0	FLC	4		0.005		
Fatty acids, total polyunsaturated....g	3.152		0	FLC	4		0.946		
18:2 undifferentiated....g	2.220		0	FLC	4		0.666		
18:3 undifferentiated....g	0.916		0	FLC	4		0.275		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.002		0	FLC	4		0.001		
20:3 undifferentiated....g	0.006		0	FLC	4		0.002		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.003		0	FLC	4		0.001		
Cholesterol....mg	0		2	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 30g: 2 tbsp (1 serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04703
Salad dressing, honey mustard, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.64		0	FLC	4		9.79		
Energy	kcal	464		0	FLC	4		139		
Energy	kJ	1943		0	FLC	4		583		
Protein	g	0.87		0	FLC	4		0.26		
Total lipid (fat)	g	40.83		0	FLC	4		12.25		
Ash	g	2.32		0	O	4		0.70		
Carbohydrate, by difference	g	23.33		0	FLC	4		7.00		
Fiber, total dietary	g	0.4		0	FLC	4		0.1		
Sugars, total	g	15.84		0	FLC	4		4.75		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	FLC	4		4		
Iron, Fe	mg	0.29		0	FLC	4		0.09		
Magnesium, Mg	mg	5		0	FLC	4		2		
Phosphorus, P	mg	22		0	FLC	4		7		
Potassium, K	mg	20		0	FLC	4		6		
Sodium, Na	mg	650	39.675	4	LC	8		195		
Zinc, Zn	mg	0.14		0	FLC	4		0.04		
Copper, Cu	mg	0.018		0	FLC	4		0.006		
Manganese, Mn	mg	0.066		0	FLC	4		0.020		
Selenium, Se	µg	5.0		0	FLC	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.0		
Thiamin	mg	0.039		0	FLC	4		0.012		
Riboflavin	mg	0.023		0	FLC	4		0.007		
Niacin	mg	0.061		0	FLC	4		0.018		
Pantothenic acid	mg	0.115		0	FLC	4		0.034		
Vitamin B-6	mg	0.017		0	FLC	4		0.005		
Folate, total	µg	5		0	FLC	4		1		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	5		0	FLC	4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Choline, total	mg	20.7		0	FLC	4		6.2		
Betaine	mg									
Vitamin B-12	µg	0.05		0	FLC	4		0.02		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	12		0	FLC	4		4		
Retinol	µg	10		0	FLC	4		3		
Carotene, beta	µg	18		0	FLC	4		6		
Carotene, alpha	µg	1		0	FLC	4		0		
Cryptoxanthin, beta	µg	7		0	FLC	4		2		
Vitamin A, IU	IU	70		0	FLC	4		21		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	41		0	FLC	4		12		
Vitamin E (alpha-tocopherol)	mg	3.53		0	FLC	4		1.06		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg	0.34		0	FLC	4		0.10		
Tocopherol, gamma	mg	24.06		0	FLC	4		7.22		
Tocopherol, delta	mg	7.90		0	FLC	4		2.37		
Vitamin D (D2 + D3)	µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	6		0	FLC	4		2		
Vitamin K (phylloquinone)	µg	70.0		0	FLC	4		21.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04703
Salad dressing, honey mustard, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.000		0	FLC	4		1.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLC	4		0.001		
15:0.....g									
16:0.....g	3.391		0	FLC	4		1.017		
17:0.....g									
18:0.....g	1.368		0	FLC	4		0.410		
20:0.....g	0.115		0	FLC	4		0.034		
22:0.....g	0.110		0	FLC	4		0.033		
24:0.....g	0.001		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	11.458		0	FLC	4		3.437		
14:1.....g	0.001		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.062		0	FLC	4		0.019		
17:1.....g	0.004		0	FLC	4		0.001		
18:1 undifferentiated.....g	11.115		0	FLC	4		3.335		
20:1.....g	0.137		0	FLC	4		0.041		
22:1 undifferentiated.....g	0.131		0	FLC	4		0.039		
24:1 c.....g	0.009		0	FLC	4		0.003		
Fatty acids, total polyunsaturated.....g	22.839		0	FLC	4		6.852		
18:2 undifferentiated.....g	20.121		0	FLC	4		6.036		
18:3 undifferentiated.....g	2.697		0	FLC	4		0.809		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.001		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.003		0	FLC	4		0.001		
20:4 undifferentiated.....g	0.012		0	FLC	4		0.004		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.003		0	FLC	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLC	4		9		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 30g: 2 tbso (1 NLEA serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04114
Salad dressing, italian dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.40	2.842	6	A	1		8.29	132.53	
Energy....kcal	291		0	NC	4		43	685	
Energy....kJ	1219		0	NC	4		179	2865	
Protein (N x 6.25)....g	0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat)....g	28.37	0.731	6	A	1		4.17	66.66	
Ash....g	4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference....g	10.43		0	NC	4		1.53	24.52	
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	
Sugars, total....g	8.32		2	A	1		1.22	19.55	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	4.68		2	A	1		0.69	11.01	
Fructose....g	3.64		2	A	1		0.53	8.54	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	7	1.463	6	A	1		1	17	
Iron, Fe....mg	0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg....mg	3	0.189	6	A	1		0	7	
Phosphorus, P....mg	9	0.807	6	A	1		1	22	
Potassium, K....mg	48	3.760	6	A	1		7	113	
Sodium, Na....mg	1018		0	O	4		150	2392	
Zinc, Zn....mg	0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn....mg	0.017	0.017	6	A	1		0.002	0.039	
Selenium, Se....µg	2.0	2.000	3	A	1		0.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.013	0.002	3	A	1		0.002	0.030	
Riboflavin....mg	0.021	0.002	3	A	1		0.003	0.049	
Niacin....mg	0.000	0.000	3	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6....mg	0.060		2	A	1		0.009	0.140	
Folate, total....µg	0		2	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	2.6		0	AS	1		0.4	6.2	
Betaine....mg	0.0		1	A	1		0.0	0.0	
Vitamin B-12....µg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	21	7.719	6	A	1		3	48	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	2	1.833	6	A	1		0	4	
Vitamin A, IU....IU	36		0	NC	4		5	84	
Lycopene....µg	16	10.172	6	A	1		2	38	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.74	11.75	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04114
Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	56.0		0	FLA	4		8.2	131.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.474		0	NC	4		0.658	10.514	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g									
16:0....g	3.298	0.144	3	A	1		0.485	7.750	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.953	0.246	3	A	1		0.140	2.240	
20:0....g	0.073	0.036	3	A	1		0.011	0.171	
22:0....g	0.150	0.019	3	A	1		0.022	0.353	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.315		0	NC	4		0.928	14.841	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	6.315	0.130	3	A	1		0.928	14.841	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated....g	1.413	0.356	3	A	1		0.208	3.321	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	A	1		0.000	0.000	
Threonine....g	0.000		0	A	1		0.000	0.000	
Isoleucine....g	0.000		0	A	1		0.000	0.000	
Leucine....g	0.000		0	A	1		0.000	0.000	
Lysine....g	0.000		0	A	1		0.000	0.000	
Methionine....g	0.000		0	A	1		0.000	0.000	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	0.000		0	A	1		0.000	0.000	
Tyrosine....g	0.000		0	A	1		0.000	0.000	
Valine....g	0.000		0	A	1		0.000	0.000	
Arginine....g	0.000		0	A	1		0.000	0.000	
Histidine....g	0.000		0	A	1		0.000	0.000	
Alanine....g	0.000		0	A	1		0.000	0.000	
Aspartic acid....g	0.000		0	A	1		0.000	0.000	
Glutamic acid....g	0.056		0	A	1		0.008	0.131	
Glycine....g	0.000		0	A	1		0.000	0.000	
Proline....g	0.000		0	A	1		0.000	0.000	
Serine....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline....g									

NDB No. 04114
Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.40	2.842	6	A	1		8.29	132.53	
Energy....kcal	292		0	NC	4		43	686	
Energy....kJ	1222		0	NC	4		180	2872	
Protein (N x 6.25)....g	0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat)....g	28.37	0.731	6	A	1		4.17	66.66	
Ash....g	4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference....g	10.43		0	NC	4		1.53	24.52	
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	
Sugars, total....g	8.32		2	A	1		1.22	19.55	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	4.68		2	A	1		0.69	11.01	
Fructose....g	3.64		2	A	1		0.53	8.54	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	7	1.463	6	A	1		1	17	
Iron, Fe....mg	0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg....mg	3	0.189	6	A	1		0	7	
Phosphorus, P....mg	9	0.807	6	A	1		1	22	
Potassium, K....mg	48	3.760	6	A	1		7	113	
Sodium, Na....mg	30		0		1		4	71	
Zinc, Zn....mg	0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn....mg	0.017	0.017	6	A	1		0.002	0.039	
Selenium, Se....µg	2.0	2.000	3	A	1		0.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.013	0.002	3	A	1		0.002	0.030	
Riboflavin....mg	0.021	0.002	3	A	1		0.003	0.049	
Niacin....mg	0.000	0.000	3	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6....mg	0.060		2	A	1		0.009	0.140	
Folate, total....µg	0		2	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		2	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		2	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	21	7.719	6	A	1		3	48	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	2	1.833	6	A	1		0	4	
Vitamin A, IU....IU	36		0	NC	4		5	84	
Lycopene....µg	16	10.172	6	A	1		2	38	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.61		0	FLA	4		0.38	6.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	56.0		0	FLA	4		8.2	131.6	

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.474		0	NC	4		0.658	10.514	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g									
16:0....g	3.298	0.144	3	A	1		0.485	7.750	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.953	0.246	3	A	1		0.140	2.240	
20:0....g	0.073	0.036	3	A	1		0.011	0.171	
22:0....g	0.150	0.019	3	A	1		0.022	0.353	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.315		0	NC	4		0.928	14.841	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	6.315	0.130	3	A	1		0.928	14.841	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated....g	1.413	0.356	3	A	1		0.208	3.321	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	67		0		1		10	157	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04636
Salad dressing, italian dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.95	0.925	3	A	1		12.03	198.53	
Energy....kcal	47		0	NC	4		7	108	
Energy....kJ	195		0	NC	4		27	451	
Protein....g	0.97	0.178	3	A	1		0.14	2.23	
Total lipid (fat)....g	0.87	0.051	3	A	1		0.12	2.00	
Ash....g	3.47	0.089	3	A	1		0.49	8.01	
Carbohydrate, by difference....g	8.75		0	NC	4		1.23	20.22	
Fiber, total dietary....g	0.6		2	A	1		0.1	1.4	
Sugars, total....g	8.85		2	A	1		1.24	20.43	
Sucrose....g	0.29		2	A	1		0.04	0.66	
Glucose (dextrose)....g	2.82		2	A	1		0.39	6.50	
Fructose....g	5.59		2	A	1		0.78	12.92	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.15		2	A	1		0.02	0.34	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	6.854	3	A	1		4	69	
Iron, Fe....mg	0.40	0.070	3	A	1		0.06	0.92	
Magnesium, Mg....mg	5	0.291	3	A	1		1	10	
Phosphorus, P....mg	109	54.871	3	A	1		15	252	
Potassium, K....mg	102	5.068	3	A	1		14	236	
Sodium, Na....mg	1129	35.455	3	A	1		158	2608	
Zinc, Zn....mg	0.36	0.108	3	A	1		0.05	0.82	
Copper, Cu....mg	0.116	0.036	3	A	1		0.016	0.269	
Manganese, Mn....mg	0.032	0.012	3	A	1		0.004	0.074	
Selenium, Se....µg	2.0		1	A	1		0.3	4.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1		1		0.1	0.9	
Thiamin....mg	0.031		1	A	1		0.004	0.072	
Riboflavin....mg	0.053		1	A	1		0.007	0.122	
Niacin....mg	0.135		1	A	1		0.019	0.312	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....µg	12		1	A	1		2	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		1	A	1		2	27	
Folate, DFE....mcg_DFE	12		0	NC	4		2	27	
Choline, total....mg	4.0		0	AS	1		0.6	9.2	
Betaine....mg	1.8		1	A	1		0.3	4.2	
Vitamin B-12....µg	0.31		1	A	1		0.04	0.71	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		1	9	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	40	11.289	3	A	1		6	93	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	11	6.064	3	A	1		1	25	
Vitamin A, IU....IU	77		0	NC	4		11	177	
Lycopene....µg	5	5.000	3	A	1		1	12	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.76		0	NR	4		0.11	1.76	
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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04636
Salad dressing, italian dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.6		0	FLA	4		0.2	3.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.295		0	NC	4		0.041	0.681	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		2	A	1		0.000	0.006	
12:0....g	0.010		2	A	1		0.001	0.022	
13:0....g	0.001		1	A	1		0.000	0.002	
14:0....g	0.038		2	A	1		0.005	0.088	
15:0....g	0.005		2	A	1		0.001	0.012	
16:0....g	0.151		2	A	1		0.021	0.348	
17:0....g	0.004		2	A	1		0.001	0.009	
18:0....g	0.071		2	A	1		0.010	0.164	
20:0....g	0.011		1	A	1		0.002	0.025	
22:0....g	0.003		2	A	1		0.000	0.006	
24:0....g									
Fatty acids, total monounsaturated....g	0.235		0	NC	4		0.033	0.543	
14:1....g	0.005		2	A	1		0.001	0.010	
15:1....g									
16:1 undifferentiated....g	0.009		2	A	1		0.001	0.020	
17:1....g	0.009		2	A	1		0.001	0.021	
18:1 undifferentiated....g	0.210		2	A	1		0.029	0.485	
20:1....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated....g	0.003		2	A	1		0.000	0.007	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.192		0	NC	4		0.027	0.444	
18:2 undifferentiated....g	0.163		2	A	1		0.023	0.377	
18:3 undifferentiated....g	0.027		2	A	1		0.004	0.062	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		1	A	1		0.000	0.005	
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1	A	1		0	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 231g: 1 cup

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

NDB No. 04636
Salad dressing, italian dressing, fat-free

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42140
Salad dressing, italian dressing, reduced calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.00		0		4		9.80	151.20	
Energy	kcal	200		0		8		28	432	
Energy	kJ	837		0		8		117	1807	
Protein	g	0.30		0		4		0.04	0.65	
Total lipid (fat)	g	20.00		0		4		2.80	43.20	
Ash	g	3.00		0	NC	4		0.42	6.48	
Carbohydrate, by difference	g	6.70		0		8		0.94	14.47	
Fiber, total dietary	g	0.2		0		8		0.0	0.4	
Sugars, total	g	1.94		0	FLA	4		0.27	4.20	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		1	13	
Iron, Fe	mg	0.13		0		4		0.02	0.28	
Magnesium, Mg	mg	2		0		4		0	4	
Phosphorus, P	mg	7		0		4		1	15	
Potassium, K	mg	33		0		8		5	71	
Sodium, Na	mg	1074		0	O	4		150	2320	
Zinc, Zn	mg	0.04		0		4		0.01	0.09	
Copper, Cu	mg	0.005		0		4		0.001	0.011	
Manganese, Mn	mg	0.020		0	FLA	4		0.003	0.042	
Selenium, Se	µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		0.1	0.9	
Thiamin	mg	0.010		0		4		0.001	0.022	
Riboflavin	mg	0.010		0		4		0.001	0.022	
Niacin	mg	0.020		0		4		0.003	0.043	
Pantothenic acid	mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6	mg	0.030		0		4		0.004	0.065	
Folate, total	µg	3		0	FLA	4		0	6	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	3		0	FLA	4		0	6	
Folate, DFE	mcg_DFE	3		0	NC	4		0	6	
Choline, total	mg	3.3		0	O	4		0.5	7.1	
Betaine	mg									
Vitamin B-12	µg	0.07		0		4		0.01	0.15	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.59		0	FLA	4		0.08	1.26	
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)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	12.5		0	FLA	4		1.8	27.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 42140
Salad dressing, italian dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.880		0		4		0.403	6.221	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.020		0		4		0.003	0.043	
15:0....g									
16:0....g	2.060		0		4		0.288	4.450	
17:0....g									
18:0....g	0.760		0		4		0.106	1.642	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.660		0		4		0.652	10.066	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		4		0.006	0.086	
17:1....g									
18:1 undifferentiated....g	4.560		0		4		0.638	9.850	
20:1....g	0.040		0		4		0.006	0.086	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.580		0		8		1.621	25.013	
18:2 undifferentiated....g	10.200		0		4		1.428	22.032	
18:3 undifferentiated....g	1.360		0		4		0.190	2.938	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 216g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04021
Salad dressing, italian dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.68	0.158	3	A	1		12.70	203.23	
Energy....kcal	75		0	NC	4		11	180	
Energy....kJ	313		0	NC	4		47	752	
Protein (N x 6.25)....g	0.47	0.046	3	A	1		0.07	1.12	
Total lipid (fat)....g	6.38	1.376	3	A	1		0.96	15.31	
Ash....g	3.90	0.087	3	A	1		0.59	9.37	
Carbohydrate, by difference....g	4.57		0	NC	4		0.69	10.97	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	4.55		1	A	1		0.68	10.92	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	2.31		1	A	1		0.35	5.54	
Fructose....g	2.24		1	A	1		0.34	5.39	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	9	0.240	3	A	1		1	21	
Iron, Fe....mg	0.65	0.068	3	A	1		0.10	1.55	
Magnesium, Mg....mg	4	0.153	3	A	1		1	10	
Phosphorus, P....mg	11	0.267	3	A	1		2	26	
Potassium, K....mg	85	7.117	3	A	1		13	203	
Sodium, Na....mg	1074		0	O	4		161	2578	
Zinc, Zn....mg	0.19	0.007	3	A	1		0.03	0.46	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....µg	8.0		1	A	1		1.2	19.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		1	A	1		0.000	0.000	
Riboflavin....mg	0.015		1	A	1		0.002	0.036	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.070		1	A	1		0.011	0.168	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	3.3		0	O	4		0.5	7.9	
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	7	7.333	3	A	1		1	18	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	12		0	NC	4		2	29	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	O	4		0.03	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04021
Salad dressing, italian dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	12.5		0	FLA	4		1.9	30.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.451		0	NC	4		0.068	1.082	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g									
16:0....g	0.318		2	A	1		0.048	0.763	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.133		2	A	1		0.020	0.319	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.190		0	NC	4		0.328	5.255	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.190		2	A	1		0.328	5.255	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated....g	0.366		2	A	1		0.055	0.878	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6	0.278	3		1		1	14	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	FLA	4		0.001	0.014	
Threonine....g	0.012		0	FLA	4		0.002	0.028	
Isoleucine....g	0.016		0	FLA	4		0.002	0.040	
Leucine....g	0.024		0	FLA	4		0.004	0.058	
Lysine....g	0.018		0	FLA	4		0.003	0.043	
Methionine....g	0.008		0	FLA	4		0.001	0.018	
Cystine....g	0.006		0	FLA	4		0.001	0.014	
Phenylalanine....g	0.013		0	FLA	4		0.002	0.031	
Tyrosine....g	0.008		0	FLA	4		0.001	0.018	
Valine....g	0.017		0	FLA	4		0.003	0.040	
Arginine....g	0.051		0	FLA	4		0.008	0.123	
Histidine....g	0.008		0	FLA	4		0.001	0.019	
Alanine....g	0.010		0	FLA	4		0.001	0.024	
Aspartic acid....g	0.032		0	FLA	4		0.005	0.076	
Glutamic acid....g	0.068		0	FLA	4		0.010	0.163	
Glycine....g	0.015		0	FLA	4		0.002	0.036	
Proline....g	0.011		0	FLA	4		0.002	0.027	
Serine....g	0.013		0	FLA	4		0.002	0.031	
Hydroxyproline....g									

NDB No. 04021
Salad dressing, italian dressing, reduced fat

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

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.68	0.158	3	A	1		12.70	203.23	
Energy....kcal	76		0	NC	4		11	182	
Energy....kJ	317		0	NC	4		48	761	
Protein (N x 6.25)....g	0.47	0.046	3	A	1		0.07	1.12	
Total lipid (fat)....g	6.38	1.376	3	A	1		0.96	15.31	
Ash....g	3.90	0.087	3	A	1		0.59	9.37	
Carbohydrate, by difference....g	4.57		0	NC	4		0.69	10.97	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	4.55		1	A	1		0.68	10.92	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	2.31		1	A	1		0.35	5.54	
Fructose....g	2.24		1	A	1		0.34	5.39	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	9	0.240	3	A	1		1	21	
Iron, Fe....mg	0.65	0.068	3	A	1		0.10	1.55	
Magnesium, Mg....mg	4	0.153	3	A	1		1	10	
Phosphorus, P....mg	11	0.267	3	A	1		2	26	
Potassium, K....mg	85	7.117	3	A	1		13	203	
Sodium, Na....mg	30		0		1		5	72	
Zinc, Zn....mg	0.19	0.007	3	A	1		0.03	0.46	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....µg	8.0		1	A	1		1.2	19.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		1	A	1		0.000	0.000	
Riboflavin....mg	0.015		1	A	1		0.002	0.036	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.070		1	A	1		0.011	0.168	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	7	7.333	3	A	1		1	18	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	12		0	NC	4		2	29	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.59		0	FLA	4		0.09	1.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	12.5		0	FLA	4		1.9	30.1	

NDB No. 04144
Salad dressing, italian dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.451		0	NC	4		0.068	1.082	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g									
16:0....g	0.318		2	A	1		0.048	0.763	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.133		2	A	1		0.020	0.319	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.190		0	NC	4		0.328	5.255	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.190		2	A	1		0.328	5.255	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated....g	0.366		2	A	1		0.055	0.878	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		1	14	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.30		1		1		7.87	125.98	
Energy	kcal	263		0	NC	4		38	609	
Energy	kJ	1099		0	NC	4		159	2550	
Protein (N x 6.25)	g	0.90		1		1		0.13	2.09	
Total lipid (fat)	g	19.00		1		1		2.75	44.08	
Ash	g	2.00		0	NC	4		0.29	4.64	
Carbohydrate, by difference	g	23.90		0	NC	4		3.47	55.45	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	4.34		2	A	1		0.63	10.07	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		1		2	32	
Iron, Fe	mg	0.26	0.060	4	JA	6		0.04	0.60	
Magnesium, Mg	mg	2	0.217	4	JA	6		0	4	
Phosphorus, P	mg	30	4.383	4	JA	6		4	70	
Potassium, K	mg	24	15.367	4	JA	6		4	57	
Sodium, Na	mg	837		0	LC	8		121	1942	
Zinc, Zn	mg	0.18	0.001	4	JA	6		0.03	0.42	
Copper, Cu	mg	0.001		0		4		0.000	0.002	
Manganese, Mn	mg									
Selenium, Se	µg	1.6		0	CAZN	4		0.2	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.001	0.023	
Riboflavin	mg	0.020		0		4		0.003	0.046	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.066		2	A	1		0.010	0.153	
Vitamin B-6	mg	0.020		0		4		0.003	0.046	
Folate, total	µg	6		0		4		1	14	
Folic acid	µg	0		2	A	1		0	0	
Folate, food	µg	6		0		4		1	14	
Folate, DFE	mcg_DFE	6		0	NC	4		1	14	
Choline, total	mg	8.5		0	CAZN	4		1.2	19.7	
Betaine	mg									
Vitamin B-12	µg	0.21		0		4		0.03	0.49	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		3	49	
Retinol	µg	12		0	BFZN	4		2	28	
Carotene, beta	µg	94		0	BFZN	4		14	218	
Carotene, alpha	µg	1		0	BFZN	4		0	3	
Cryptoxanthin, beta	µg	27		0	BFZN	4		4	62	
Vitamin A, IU	IU	220		0	NC	4		32	511	
Lycopene	µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	µg	87		0	BFZN	4		13	201	
Vitamin E (alpha-tocopherol)	mg	3.07	0.243	3	A	1		0.45	7.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	24.7		0	BFZN	4		3.6	57.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.962		0		4		0.429	6.872	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.022		0		4		0.003	0.051	
15:0....g									
16:0....g	2.120		0		4		0.307	4.918	
17:0....g									
18:0....g	0.777		0		4		0.113	1.803	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.628		0		4		0.671	10.737	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.076		0		4		0.011	0.176	
17:1....g									
18:1 undifferentiated....g	4.494		0		4		0.652	10.426	
20:1....g	0.039		0		4		0.006	0.090	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.396		0		4		1.507	24.119	
18:2 undifferentiated....g	9.151		0		4		1.327	21.230	
18:3 undifferentiated....g	1.203		0		4		0.174	2.791	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		4		0.003	0.044	
20:5 n-3 (EPA)....g	0.001		0		4		0.000	0.002	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0		4		0.001	0.012	
Fatty acids, total trans....g									
Cholesterol....mg	26		1		1		4	60	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 14.5g: 1 tbsp

Measure 2 = 232g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04018
Salad dressing, mayonnaise type, regular, 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	39.90	2.403	11		1		5.87	93.77	
Energy....kcal	390		0	NC	4		57	916	
Energy....kJ	1631		0		4		240	3832	
Protein (N x 6.25)....g	0.90	0.050	11		1		0.13	2.12	
Total lipid (fat)....g	33.40	0.412	124		1		4.91	78.49	
Ash....g	1.90	0.156	11		1		0.28	4.47	
Carbohydrate, by difference....g	23.90		0	NC	4		3.51	56.17	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.40		1		1		0.94	15.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		2	33	
Iron, Fe....mg	0.20		0		1		0.03	0.47	
Magnesium, Mg....mg	2		1		1		0	5	
Phosphorus, P....mg	26		0		1		4	61	
Potassium, K....mg	9		0		1		1	21	
Sodium, Na....mg	711	10.546	76		1		104	1670	
Zinc, Zn....mg	0.18		0		4		0.03	0.42	
Copper, Cu....mg	0.010		0		4		0.001	0.024	
Manganese, Mn....mg	0.088		0	FLA	4		0.013	0.207	
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.013		0		4		0.002	0.031	
Riboflavin....mg	0.024		0		4		0.004	0.056	
Niacin....mg	0.004		0		4		0.001	0.009	
Pantothenic acid....mg	0.243		0		4		0.036	0.571	
Vitamin B-6....mg	0.017		0		4		0.002	0.040	
Folate, total....µg	6		0		4		1	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0	NR	4		1	14	
Folate, DFE....mcg_DFE	6		0	NC	4		1	14	
Choline, total....mg	14.6		0	AS	1		2.1	34.3	
Betaine....mg	0.3		1	A	1		0.1	0.8	
Vitamin B-12....µg	0.21		0		4		0.03	0.49	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	21		0	NC	4		3	50	
Retinol....µg	12		0	FLA	4		2	29	
Carotene, beta....µg	94		0	FLA	4		14	220	
Carotene, alpha....µg	1		0	FLA	4		0	3	
Cryptoxanthin, beta....µg	27		0	FLA	4		4	63	
Vitamin A, IU....IU	220		0		1		32	517	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	87		0	FLA	4		13	203	
Vitamin E (alpha-tocopherol)....mg	2.06		1	A	1		0.30	4.84	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.22		1	A	1		0.03	0.52	
Tocopherol, gamma....mg	13.38		1	A	1		1.97	31.44	
Tocopherol, delta....mg	1.43		1	A	1		0.21	3.36	
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.0	0.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	FLA	4		1	10	
Vitamin K (phylloquinone)....µg	42.2		2	A	1		6.2	99.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.900		0		1		0.720	11.515	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.100	0.009	117		1		0.015	0.235	
13:0....g									
14:0....g	0.000	0.005	120		1		0.000	0.000	
15:0....g									
16:0....g	3.500	0.053	127		1		0.515	8.225	
17:0....g									
18:0....g	1.400	0.024	127		1		0.206	3.290	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.000		0		1		1.323	21.150	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	9.000	0.176	73		1		1.323	21.150	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.000		0		1		2.646	42.300	
18:2 undifferentiated....g	16.000	0.211	127		1		2.352	37.600	
18:3 undifferentiated....g	2.000	0.050	127		1		0.294	4.700	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26		2		1		4	61	
Phytosterols....mg	97		2		1		14	228	
Amino Acids:									
Tryptophan....g	0.013		0		4		0.002	0.031	
Threonine....g	0.049		0		4		0.007	0.115	
Isoleucine....g	0.052		0		4		0.008	0.122	
Leucine....g	0.077		0		4		0.011	0.181	
Lysine....g	0.061		0		4		0.009	0.143	
Methionine....g	0.023		0		4		0.003	0.054	
Cystine....g	0.016		0		4		0.002	0.038	
Phenylalanine....g	0.039		0		4		0.006	0.092	
Tyrosine....g	0.039		0		4		0.006	0.092	
Valine....g	0.055		0		4		0.008	0.129	
Arginine....g	0.062		0		4		0.009	0.146	
Histidine....g	0.022		0		4		0.003	0.052	
Alanine....g	0.045		0		4		0.007	0.106	
Aspartic acid....g	0.075		0		4		0.011	0.176	
Glutamic acid....g	0.110		0		4		0.016	0.259	
Glycine....g	0.027		0		4		0.004	0.063	
Proline....g	0.037		0		4		0.005	0.087	
Serine....g	0.075		0		4		0.011	0.176	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

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

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

Common Measures:

Measure 1 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.60		1		1		11.94	191.04	
Energy....kcal	97		0	NC	4		14	232	
Energy....kJ	404		0		4		61	970	
Protein (N x 6.25)....g	2.10		1		1		0.32	5.04	
Total lipid (fat)....g	5.10		1		1		0.77	12.24	
Ash....g	2.10		1		1		0.32	5.04	
Carbohydrate, by difference....g	11.10		0	NC	4		1.67	26.64	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	72		0		4		11	173	
Iron, Fe....mg	0.50		0		4		0.08	1.20	
Magnesium, Mg....mg	7		0		4		1	17	
Phosphorus, P....mg	57		0		4		9	137	
Potassium, K....mg	97		0		4		15	233	
Sodium, Na....mg	504		1		1		76	1210	
Zinc, Zn....mg	0.25		0		4		0.04	0.60	
Copper, Cu....mg	0.010		0	A	1		0.002	0.024	
Manganese, Mn....mg	0.001		0	RA	4		0.000	0.002	
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		4		0.1	0.8	
Thiamin....mg	0.024		0		4		0.004	0.058	
Riboflavin....mg	0.097		0		4		0.015	0.233	
Niacin....mg	0.054		0		4		0.008	0.130	
Pantothenic acid....mg	0.194		0		4		0.029	0.466	
Vitamin B-6....mg	0.021		0		4		0.003	0.050	
Folate, total....µg	3		0		4		0	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		0	7	
Folate, DFE....mcg_DFE	3		0	NC	4		0	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.23		0		4		0.04	0.56	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		1	9	
Retinol....µg	4		0	NC	4		1	9	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	13		0		4		2	31	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.40		0		4		0.06	0.96	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.800		0		1		0.420	6.720	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		4		0.000	0.000	
8:0 ....g	0.000		0		4		0.000	0.000	
10:0 ....g	0.000		0		4		0.000	0.000	
12:0 ....g	0.100		2		1		0.015	0.240	
13:0 ....g									
14:0 ....g	0.400		2		1		0.060	0.960	
15:0 ....g									
16:0 ....g	1.200		2		1		0.180	2.880	
17:0 ....g									
18:0 ....g	1.000		2		1		0.150	2.400	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	1.700		0		1		0.255	4.080	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.000		0		4		0.000	0.000	
17:1 ....g									
18:1 undifferentiated ....g	1.700		2		1		0.255	4.080	
20:1 ....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		4		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.300		0		1		0.045	0.720	
18:2 undifferentiated ....g	0.200		2		1		0.030	0.480	
18:3 undifferentiated ....g	0.100		2		1		0.015	0.240	
18:4 ....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	43		1		1		6	103	
Phytosterols ....mg	6		0		4		1	14	
Amino Acids:									
Tryptophan ....g	0.030		0		4		0.005	0.072	
Threonine ....g	0.095		0		4		0.014	0.228	
Isoleucine ....g	0.127		0		4		0.019	0.305	
Leucine ....g	0.206		0		4		0.031	0.494	
Lysine ....g	0.166		0		4		0.025	0.398	
Methionine ....g	0.053		0		4		0.008	0.127	
Cystine ....g	0.019		0		4		0.003	0.046	
Phenylalanine ....g	0.101		0		4		0.015	0.242	
Tyrosine ....g	0.101		0		4		0.015	0.242	
Valine ....g	0.141		0		4		0.021	0.338	
Arginine ....g	0.076		0		4		0.011	0.182	
Histidine ....g	0.057		0		4		0.009	0.137	
Alanine ....g	0.072		0		4		0.011	0.173	
Aspartic acid ....g	0.159		0		4		0.024	0.382	
Glutamic acid ....g	0.439		0		4		0.066	1.054	
Glycine ....g	0.049		0		4		0.007	0.118	
Proline ....g	0.203		0		4		0.030	0.487	
Serine ....g	0.114		0		4		0.017	0.274	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0	Z	7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

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

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.70	0.617	3		1		150.48	9.41	
Energy....kcal	232		0	NC	4		556	35	
Energy....kJ	969		0		4		2326	145	
Protein (N x 6.25)....g	0.30	0.250	3		1		0.72	0.05	
Total lipid (fat)....g	19.20	4.909	3		1		46.08	2.88	
Ash....g	1.80	0.367	3		1		4.32	0.27	
Carbohydrate, by difference....g	16.00		0	NC	4		38.40	2.40	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.00		0	BFZN	4		14.40	0.90	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	10		0		4		24	2	
Sodium, Na....mg	497		1		1		1193	75	
Zinc, Zn....mg	0.11		1		1		0.26	0.02	
Copper, Cu....mg	0.010		0		4		0.024	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	14.6		0	AS	1		35.0	2.2	
Betaine....mg	0.3		1	A	1		0.8	0.1	
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFZN	4		0	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.00		0		4		4.80	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	42.2		0	BFZN	4		101.2	6.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.300		0		1		7.920	0.495	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	2.400	0.651	3		1		5.760	0.360	
17:0....g									
18:0....g	0.900	0.252	3		1		2.160	0.135	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.500		0		1		10.800	0.675	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		2		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	4.500	1.146	3		1		10.800	0.675	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.600		0		1		25.440	1.590	
18:2 undifferentiated....g	9.000	2.351	3		1		21.600	1.350	
18:3 undifferentiated....g	1.600	0.414	3		1		3.840	0.240	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	24		2		1		58	4	
Phytosterols....mg	62		2		1		149	9	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.60	3.851	3		1		4.88	77.85	
Energy....kcal	482		0	NC	4		68	1084	
Energy....kJ	2016		0		4		284	4537	
Protein (N x 6.25)....g	0.10	0.106	3		1		0.01	0.23	
Total lipid (fat)....g	47.70	2.691	3		1		6.73	107.33	
Ash....g	1.80	0.380	3		1		0.25	4.05	
Carbohydrate, by difference....g	15.80		0	NC	4		2.23	35.55	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.00		0	O	4		0.85	13.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.01		0		4		0.00	0.02	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	10		0		4		1	23	
Sodium, Na....mg	353		1		1		50	794	
Zinc, Zn....mg	0.11		0		4		0.02	0.25	
Copper, Cu....mg	0.001		0		4		0.000	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.7		0	BFZN	4		0.1	1.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.71	11.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	42.2		0	BFZN	4		5.9	94.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.500		0		1		1.058	16.875	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	5.500	0.533	3		1		0.776	12.375	
17:0....g									
18:0....g	2.000	0.191	3		1		0.282	4.500	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.500		0		1		1.481	23.625	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	10.500	0.594	3		1		1.481	23.625	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	27.600		0		1		3.892	62.100	
18:2 undifferentiated....g	23.000	1.560	3		1		3.243	51.750	
18:3 undifferentiated....g	4.600	0.362	3		1		0.649	10.350	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg	216		2		1		30	486	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

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

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

Common Measures:

Measure 1 = 14.1g: 1 tablespoon

Measure 2 = 225g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04641
Salad dressing, mayonnaise, light

lite mayonnaise
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.91	0.368	3	A	1		8.39		
Energy	kcal	324		0	NC	4		49		
Energy	kJ	1356		0	NC	4		203		
Protein (N x 6.25)	g	0.88	0.096	3	A	1		0.13		
Total lipid (fat)	g	33.09	0.099	3	A	1		4.96		
Ash	g	1.91	0.101	3	A	1		0.29		
Carbohydrate, by difference	g	8.20		0	NC	4		1.23		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	4.34		2	A	1		0.65		
Sucrose	g	2.79		2	A	1		0.42		
Glucose (dextrose)	g	0.70		2	A	1		0.10		
Fructose	g	0.85		2	A	1		0.13		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	3.01		2	A	1		0.45		
Minerals:										
Calcium, Ca	mg	8	0.361	3	A	1		1		
Iron, Fe	mg	0.32	0.006	3	A	1		0.05		
Magnesium, Mg	mg	2	0.067	3	A	1		0		
Phosphorus, P	mg	35	5.904	3	A	1		5		
Potassium, K	mg	40	2.434	3	A	1		6		
Sodium, Na	mg	673	48.011	3	A	1		101		
Zinc, Zn	mg	0.18	0.017	3	A	1		0.03		
Copper, Cu	mg	0.112	0.000	3	A	1		0.017		
Manganese, Mn	mg	0.006		0	FLA	4		0.001		
Selenium, Se	µg	2.6		2	A	1		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0		
Thiamin	mg	0.018		2	A	1		0.003		
Riboflavin	mg	0.000		2	A	1		0.000		
Niacin	mg	0.000		2	A	1		0.000		
Pantothenic acid	mg	0.066		2	A	1		0.010		
Vitamin B-6	mg	0.000		2	A	1		0.000		
Folate, total	µg	4		0	FLA	4		1		
Folic acid	µg	0		2	A	1		0		
Folate, food	µg	4		0	NR	4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Choline, total	mg	8.5		0	BFZN	4		1.3		
Betaine	mg									
Vitamin B-12	µg	0.00		2	A	1		0.00		
Vitamin B-12, added	µg	0.00		0	NR	4		0.00		
Vitamin A, RAE	mcg_RAE	21		0	BFZN	4		3		
Retinol	µg	12		0	BFZN	4		2		
Carotene, beta	µg	94		0	BFZN	4		14		
Carotene, alpha	µg	1		0	BFZN	4		0		
Cryptoxanthin, beta	µg	27		0	BFZN	4		4		
Vitamin A, IU	IU	220		0	BFZN	4		33		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	87		0	BFZN	4		13		
Vitamin E (alpha-tocopherol)	mg	3.07	0.243	3	A	1		0.46		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.28	0.020	3	A	1		0.04		
Tocopherol, gamma	mg	23.04	1.871	3	A	1		3.46		
Tocopherol, delta	mg	6.79	0.509	3	A	1		1.02		
Vitamin D (D2 + D3)	µg	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)	µg									

NDB No. 04641
Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....µg	24.7		0	BFZN	4		3.7		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.209		0	NC	4		0.781		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.028	0.000	3	A	1		0.004		
15:0.....g									
16:0.....g	3.483	0.046	3	A	1		0.523		
17:0.....g	0.036	0.005	3	A	1		0.005		
18:0.....g	1.389	0.028	3	A	1		0.208		
20:0.....g	0.159	0.041	3	A	1		0.024		
22:0.....g	0.113	0.002	3	A	1		0.017		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	8.135		0	NC	4		1.220		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.052		0	AS	1		0.008		
16:1 c.....g	0.052	0.003	3	A	1		0.008		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	8.015		0	AS	1		1.202		
18:1 c.....g	8.015	0.341	3	A	1		1.202		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.068	0.016	3	A	1		0.010		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	17.953		0	NC	4		2.693		
18:2 undifferentiated.....g	16.035		0	AS	1		2.405		
18:2 n-6 c,c.....g	15.791	0.329	3	A	1		2.369		
18:2 CLAs.....g	0.137	0.042	3	A	1		0.020		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.107	0.041	3	A	1		0.016		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.918		0	AS	1		0.288		
18:3 n-3 c,c,c (ALA).....g	1.918	0.087	3	A	1		0.288		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.107		0	NC	4		0.016		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		

NDB No. 04641
Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.107		0	NC	4		0.016		
Cholesterol.....mg	35	2.470	3	A	1		5		
Phytosterols.....mg									
Stigmasterol.....mg	21	1.237	3	A	1		3		
Campesterol.....mg	19	1.885	3	A	1		3		
Beta-sitosterol.....mg	48	3.036	3	A	1		7		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.38

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, 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	15.30	0.400	25		1		2.11	33.66	
Energy....kcal	717		0	NC	4		99	1577	
Energy....kJ	2999		0		4		414	6598	
Protein (N x 6.25)....g	1.10	0.000	25		1		0.15	2.42	
Total lipid (fat)....g	79.40	0.000	678		1		10.96	174.68	
Ash....g	1.50	0.100	25		1		0.21	3.30	
Carbohydrate, by difference....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.48		0	O	4		0.07	1.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		2	40	
Iron, Fe....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg....mg	1		0		4		0	2	
Phosphorus, P....mg	28		0		1		4	62	
Potassium, K....mg	34		0		1		5	75	
Sodium, Na....mg	568	2.420	408		1		78	1250	
Zinc, Zn....mg	0.12		1		4		0.02	0.26	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.005		0		4		0.001	0.011	
Pantothenic acid....mg	0.297		0		4		0.041	0.653	
Vitamin B-6....mg	0.577		0		4		0.080	1.269	
Folate, total....µg	8		0		4		1	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		1	17	
Folate, DFE....mcg_DFE	8		0	NC	4		1	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.26		0		4		0.04	0.56	
Vitamin A, RAE....mcg_RAE	84		0		1		12	185	
Retinol....µg	84		0	NR	4		12	185	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	280		0		1		39	616	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	22.00		0		4		3.04	48.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	24.7	5.831	69	JO	11		3.4	54.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.600		0		1		1.187	18.920	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04026
Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.100		2		1		0.014	0.220	
15:0....g									
16:0....g	6.100		2		1		0.842	13.420	
17:0....g									
18:0....g	2.400		2		1		0.331	5.280	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.000		0		1		1.794	28.600	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	13.000		2		1		1.794	28.600	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	55.000		0		1		7.590	121.000	
18:2 undifferentiated....g	52.000		2		1		7.176	114.400	
18:3 undifferentiated....g	3.000		2		1		0.414	6.600	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0		4		8	130	
Phytosterols....mg	347		0		4		48	763	
Amino Acids:									
Tryptophan....g	0.017		0		1		0.002	0.037	
Threonine....g	0.055		0		1		0.008	0.121	
Isoleucine....g	0.065		0		1		0.009	0.143	
Leucine....g	0.095		0		1		0.013	0.209	
Lysine....g	0.072		0		1		0.010	0.158	
Methionine....g	0.035		0		1		0.005	0.077	
Cystine....g	0.023		0		1		0.003	0.051	
Phenylalanine....g	0.057		0		1		0.008	0.125	
Tyrosine....g	0.046		0		1		0.006	0.101	
Valine....g	0.074		0		1		0.010	0.163	
Arginine....g	0.072		0		1		0.010	0.158	
Histidine....g	0.026		0		1		0.004	0.057	
Alanine....g	0.061		0		1		0.008	0.134	
Aspartic acid....g	0.094		0		1		0.013	0.207	
Glutamic acid....g	0.143		0		1		0.020	0.315	
Glycine....g	0.037		0		1		0.005	0.081	
Proline....g	0.044		0		1		0.006	0.097	
Serine....g	0.088		0		1		0.012	0.194	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, 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	15.06	0.331	31	JA	6		2.08	33.13	1.51
Energy....kcal	718		0	NC	4		99	1580	72
Energy....kJ	3005		0	NC	4		415	6611	300
Protein (N x 6.25)....g	0.90	0.000	31	JA	6		0.12	1.98	0.09
Total lipid (fat)....g	79.39	0.039	683	JA	6		10.96	174.66	7.94
Ash....g	1.48	0.043	31	JA	6		0.20	3.26	0.15
Carbohydrate, by difference....g	3.16		0	NC	4		0.44	6.96	0.32
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	1.08	0.130	3	A	1		0.15	2.37	0.11
Sucrose....g	0.70	0.134	3	A	1		0.10	1.54	0.07
Glucose (dextrose)....g	0.21	0.048	3	A	1		0.03	0.46	0.02
Fructose....g	0.16	0.039	3	A	1		0.02	0.36	0.02
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.350	6	JA	6		1	16	1
Iron, Fe....mg	0.22	0.013	6	A	1		0.03	0.49	0.02
Magnesium, Mg....mg	1	0.084	6	A	1		0	3	0
Phosphorus, P....mg	25	1.515	6	JA	6		3	55	3
Potassium, K....mg	12	0.388	6	A	1		2	27	1
Sodium, Na....mg	568	2.408	411	JA	6		78	1249	57
Zinc, Zn....mg	0.17	0.011	5	A	1		0.02	0.37	0.02
Copper, Cu....mg	0.029	0.008	6	A	1		0.004	0.063	0.003
Manganese, Mn....mg	0.008	0.000	6	A	1		0.001	0.017	0.001
Selenium, Se....µg	1.7	0.431	15	A	1		0.2	3.7	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.034	0.007	3	JA	6		0.005	0.075	0.003
Riboflavin....mg	0.056	0.006	3	JA	6		0.008	0.123	0.006
Niacin....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid....mg	0.194	0.004	3	A	1		0.027	0.428	0.019
Vitamin B-6....mg	0.577		0		4		0.080	1.269	0.058
Folate, total....µg	5	0.404	3	A	1		1	12	1
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	5		0	NR	4		1	12	1
Folate, DFE....mcg_DFE	5		0	NC	4		1	12	1
Choline, total....mg	21.8		0	AS	1		3.0	48.0	2.2
Betaine....mg	0.0		2	A	1		0.0	0.1	0.0
Vitamin B-12....µg	0.33	0.000	3	A	1		0.05	0.72	0.03
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	81		0	NC	4		11	177	8
Retinol....µg	80		0	FLC	4		11	176	8
Carotene, beta....µg	6		0	FLC	4		1	13	1
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	5		0	FLC	4		1	11	1
Vitamin A, IU....IU	280		0		1		39	616	28
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	190		0	FLC	4		26	419	19
Vitamin E (alpha-tocopherol)....mg	5.22	0.372	6	A	1		0.72	11.49	0.52
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.32	0.022	6	A	1		0.04	0.70	0.03
Tocopherol, gamma....mg	35.24	2.256	6	A	1		4.86	77.52	3.52
Tocopherol, delta....mg	7.54	0.531	6	A	1		1.04	16.60	0.75
Vitamin D (D2 + D3)....µg	0.2		0	FLA	4		0.0	0.4	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	7		0	FLA	4		1	15	1
Vitamin K (phylloquinone)....µg	42.2		2	A	1		5.8	92.7	4.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.885		0	NC	4		1.640	26.146	1.188
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.068	0.003	6	A	1		0.009	0.150	0.007
15:0....g									
16:0....g	7.905	0.083	6	A	1		1.091	17.391	0.790
17:0....g	0.074	0.015	6	A	1		0.010	0.163	0.007
18:0....g	3.254	0.043	6	A	1		0.449	7.159	0.325
20:0....g	0.292	0.011	6	A	1		0.040	0.642	0.029
22:0....g	0.291	0.005	6	A	1		0.040	0.640	0.029
24:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	19.598		0	NC	4		2.705	43.116	1.960
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.110		0	AS	1		0.015	0.243	0.011
16:1 c....g	0.110	0.006	6	A	1		0.015	0.243	0.011
16:1 t....g									
17:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	19.385		0	AS	1		2.675	42.647	1.939
18:1 c....g	19.385	0.673	6	A	1		2.675	42.647	1.939
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.103	0.035	6	A	1		0.014	0.226	0.010
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	42.380		0	NC	4		5.848	93.235	4.238
18:2 undifferentiated....g	37.678		0	AS	1		5.200	82.891	3.768
18:2 n-6 c,c....g	37.404	0.421	6	A	1		5.162	82.289	3.740
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.274	0.089	6	A	1		0.038	0.603	0.027
18:2 t not further defined....g									
18:3 undifferentiated....g	4.702		0	AS	1		0.649	10.344	0.470
18:3 n-3 c,c,c (ALA)....g	4.702	0.108	6	A	1		0.649	10.344	0.470
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	JA	6		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.274		0	NC	4		0.038	0.603	0.027
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.274		0	NC	4		0.038	0.603	0.027
Cholesterol.....mg	38		0	A	1		5	84	4
Phytosterols.....mg									
Stigmasterol.....mg	39	1.600	3	A	1		5	85	4
Campesterol.....mg	39	4.671	3	A	1		5	86	4
Beta-sitosterol.....mg	102	6.657	3	A	1		14	225	10
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.002	0.037	0.002
Threonine.....g	0.055		0		1		0.008	0.121	0.006
Isoleucine.....g	0.065		0		1		0.009	0.143	0.007
Leucine.....g	0.095		0		1		0.013	0.209	0.010
Lysine.....g	0.072		0		1		0.010	0.158	0.007
Methionine.....g	0.035		0		1		0.005	0.077	0.004
Cystine.....g	0.023		0		1		0.003	0.051	0.002
Phenylalanine.....g	0.057		0		1		0.008	0.125	0.006
Tyrosine.....g	0.046		0		1		0.006	0.101	0.005
Valine.....g	0.074		0		1		0.010	0.163	0.007
Arginine.....g	0.072		0		1		0.010	0.158	0.007
Histidine.....g	0.026		0		1		0.004	0.057	0.003
Alanine.....g	0.061		0		1		0.008	0.134	0.006
Aspartic acid.....g	0.094		0		1		0.013	0.207	0.009
Glutamic acid.....g	0.143		0		1		0.020	0.315	0.014
Glycine.....g	0.037		0		1		0.005	0.081	0.004
Proline.....g	0.044		0		1		0.006	0.097	0.004
Serine.....g	0.088		0		1		0.012	0.194	0.009
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 13.8g: 1 tbsp

Measure 2 = 220g: 1 cup

Measure 3 = 10.0g: 1 packet

Calories Factors: Protein 4.36 **Fat** 8.85 **Carbohydrate** 3.68

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04145
Salad dressing, mayonnaise, soybean oil, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.70		0		4		2.30	36.74	
Energy....kcal	717		0	NC	4		99	1577	
Energy....kJ	2999		0		4		414	6598	
Protein (N x 6.25)....g	1.10		0		1		0.15	2.42	
Total lipid (fat)....g	79.40		0		1		10.96	174.68	
Ash....g	0.10		0		4		0.01	0.22	
Carbohydrate, by difference....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		2	40	
Iron, Fe....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg....mg									
Phosphorus, P....mg	28		0		1		4	62	
Potassium, K....mg	34		0		1		5	75	
Sodium, Na....mg	30		0		1		4	66	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE	84		0		1		12	185	
Vitamin A, IU....IU	280		0		1		39	616	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.800		0		1		1.628	25.960	
Fatty acids, total monounsaturated....g	22.700		0		1		3.133	49.940	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.014	0.220	
17:1....g									
18:1 undifferentiated....g	22.500		0		1		3.105	49.500	
20:1....g	0.100		0		1		0.014	0.220	
22:1 undifferentiated....g									
24:1 c....g									

NDB No. 04145
Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	37.100		0		1		5.120	81.620	
18:2 undifferentiated.....g	37.100		0		1		5.120	81.620	
18:3 undifferentiated.....g	4.200		0		1		0.580	9.240	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		8	130	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42137
Salad dressing, peppercorn dressing, commercial, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.90		0		4		4.27	8.29	
Energy	kcal	564		1		1		76	147	
Energy	kJ	2360		1		1		316	614	
Protein	g	1.20		1		1		0.16	0.31	
Total lipid (fat)	g	61.40		1		1		8.23	15.96	
Ash	g	2.00		0	NC	4		0.27	0.52	
Carbohydrate, by difference	g	3.50		0	NC	4		0.47	0.91	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	2.45		0	BFZN	4		0.33	0.64	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		3	6	
Iron, Fe	mg	0.35		1		1		0.05	0.09	
Magnesium, Mg	mg	2		0		4		0	1	
Phosphorus, P	mg	26		0		4		3	7	
Potassium, K	mg	176		0		4		24	46	
Sodium, Na	mg	1103		0	O	4		148	287	
Zinc, Zn	mg	0.18		0		4		0.02	0.05	
Copper, Cu	mg	0.010		0		4		0.001	0.003	
Manganese, Mn	mg									
Selenium, Se	µg	1.6		0	CAZN	4		0.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		1		1		0.1	0.2	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		0		4		0.009	0.018	
Folate, total	µg	4		0	BFZN	4		0	1	
Folic acid	µg	0		0	BFZN	4		0	0	
Folate, food	µg	4		0	BFZN	4		0	1	
Folate, DFE	mcg_DFE	4		0	NC	4		0	1	
Choline, total	mg	20.6		0	BFZN	4		2.8	5.4	
Betaine	mg									
Vitamin B-12	µg	0.12		0		4		0.02	0.03	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		1	3	
Retinol	µg	10		0	BFZN	4		1	3	
Carotene, beta	µg	2		0	BFZN	4		0	1	
Carotene, alpha	µg	1		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	1		0	BFZN	4		0	0	
Vitamin A, IU	IU	38		0	NC	4		5	10	
Lycopene	µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	µg	29		0	BFZN	4		4	8	
Vitamin E (alpha-tocopherol)	mg	4.23		0	BFZN	4		0.57	1.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	4		0	BFZN	4		0	1	
Vitamin K (phylloquinone)	µg	125.2		0	BFZN	4		16.8	32.6	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.527		1		1		1.411	2.737	
4:0....g	0.128		0		4		0.017	0.033	
6:0....g	0.048		0		4		0.006	0.012	
8:0....g	0.026		0		4		0.003	0.007	
10:0....g	0.064		0		4		0.009	0.017	
12:0....g	0.087		0		4		0.012	0.023	
13:0....g									
14:0....g	0.352		0		4		0.047	0.092	
15:0....g									
16:0....g	7.062		0		4		0.946	1.836	
17:0....g									
18:0....g	2.570		0		4		0.344	0.668	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.840		1		1		1.989	3.858	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.229		0		4		0.031	0.060	
17:1....g									
18:1 undifferentiated....g	14.386		0		4		1.928	3.740	
20:1....g	0.120		0		4		0.016	0.031	
22:1 undifferentiated....g	0.001		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	32.972		1		1		4.418	8.573	
18:2 undifferentiated....g	29.006		0		4		3.887	7.542	
18:3 undifferentiated....g	3.861		0		4		0.517	1.004	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0		4		0.005	0.010	
20:5 n-3 (EPA)....g	0.001		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.010		0		4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	49		1		1		7	13	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04704
Salad dressing, poppyseed, creamy

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.85		0	FLC	4				
Energy	kcal	399		0	FLC	4				
Energy	kJ	1668		0	FLC	4				
Protein	g	0.92		0	FLC	4				
Total lipid (fat)	g	33.33		0	FLC	4				
Ash	g	2.36		0	FLC	4				
Carbohydrate, by difference	g	24.53		0	NC	4				
Fiber, total dietary	g	0.3		0	FLC	4				
Sugars, total	g	23.39		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	59		0	FLC	4				
Iron, Fe	mg	0.25		0	FLC	4				
Magnesium, Mg	mg	9		0	FLC	4				
Phosphorus, P	mg	49		0	FLC	4				
Potassium, K	mg	61		0	FLC	4				
Sodium, Na	mg	788		1	LC	8				
Zinc, Zn	mg	0.25		0	FLC	4				
Copper, Cu	mg	0.035		0	FLC	4				
Manganese, Mn	mg	0.131		0	FLC	4				
Selenium, Se	µg	1.2		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	FLC	4				
Thiamin	mg	0.024		0	FLC	4				
Riboflavin	mg	0.058		0	FLC	4				
Niacin	mg	0.047		0	FLC	4				
Pantothenic acid	mg	0.108		0	FLC	4				
Vitamin B-6	mg	0.022		0	FLC	4				
Folate, total	µg	3		0	FLC	4				
Folic acid	µg	0		0	FLC	4				
Folate, food	µg	3		0	FLC	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg	6.0		0	FLC	4				
Betaine	mg									
Vitamin B-12	µg	0.09		0	FLC	4				
Vitamin B-12, added	µg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	51		0	FLC	4				
Retinol	µg	50		0	FLC	4				
Carotene, beta	µg	8		0	FLC	4				
Carotene, alpha	µg	0		0	FLC	4				
Cryptoxanthin, beta	µg	0		0	FLC	4				
Vitamin A, IU	IU	180		0	FLC	4				
Lycopene	µg	0		0	FLC	4				
Lutein + zeaxanthin	µg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	2.36		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	FLC	4				
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	4		0	FLC	4				
Vitamin K (phylloquinone)	µg	50.2		0	FLC	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04704
Salad dressing, poppyseed, creamy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.061		0	FLC	4				
4:0....g	0.156		0	FLC	4				
6:0....g	0.093		0	FLC	4				
8:0....g	0.046		0	FLC	4				
10:0....g	0.102		0	FLC	4				
12:0....g	0.119		0	FLC	4				
13:0....g									
14:0....g	0.400		0	FLC	4				
15:0....g									
16:0....g	3.449		0	FLC	4				
17:0....g									
18:0....g	1.465		0	FLC	4				
20:0....g	0.084		0	FLC	4				
22:0....g	0.079		0	FLC	4				
24:0....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated....g	8.207		0	FLC	4				
14:1....g	0.044		0	FLC	4				
15:1....g									
16:1 undifferentiated....g	0.092		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	7.980		0	FLC	4				
20:1....g	0.078		0	FLC	4				
22:1 undifferentiated....g	0.001		0	FLC	4				
24:1 c....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated....g	17.326		0	FLC	4				
18:2 undifferentiated....g	15.297		0	FLC	4				
18:3 undifferentiated....g	1.989		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g	0.000		0	FLC	4				
20:3 undifferentiated....g	0.000		0	FLC	4				
20:4 undifferentiated....g	0.010		0	FLC	4				
20:5 n-3 (EPA)....g	0.000		0	FLC	4				
22:5 n-3 (DPA)....g	0.000		0	FLC	4				
22:6 n-3 (DHA)....g	0.000		0	FLC	4				
Fatty acids, total trans....g	0.144		0	FLC	4				
Cholesterol....mg	15		1	LC	8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	4				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04639
Salad dressing, ranch dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.18	2.808	3	A	1		5.73	11.45	
Energy....kcal	484		0	NC	4		73	145	
Energy....kJ	2026		0	NC	4		304	608	
Protein....g	1.03	0.880	3	A	1		0.15	0.31	
Total lipid (fat)....g	51.39	3.542	3	A	1		7.71	15.42	
Ash....g	2.71	0.192	3	A	1		0.41	0.81	
Carbohydrate, by difference....g	6.69		0	NC	4		1.00	2.01	
Fiber, total dietary....g	0.7		2	A	1		0.1	0.2	
Sugars, total....g	2.45	0.535	3	A	1		0.37	0.74	
Sucrose....g	1.50	0.717	3	A	1		0.23	0.45	
Glucose (dextrose)....g	0.48	0.065	3	A	1		0.07	0.14	
Fructose....g	0.40	0.148	3	A	1		0.06	0.12	
Lactose....g	0.07	0.000	3	A	1		0.01	0.02	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	1.77	0.134	3	A	1		0.27	0.53	
Minerals:									
Calcium, Ca....mg	31	4.801	3	A	1		5	9	
Iron, Fe....mg	0.62	0.145	3	A	1		0.09	0.19	
Magnesium, Mg....mg	5	0.887	3	A	1		1	2	
Phosphorus, P....mg	161	32.146	3	A	1		24	48	
Potassium, K....mg	62	7.526	3	A	1		9	19	
Sodium, Na....mg	1094		0	O	4		164	328	
Zinc, Zn....mg	0.40	0.028	3	A	1		0.06	0.12	
Copper, Cu....mg	0.043	0.006	3	A	1		0.006	0.013	
Manganese, Mn....mg	0.042	0.009	3	A	1		0.006	0.012	
Selenium, Se....µg	2.1		0	FLA	4		0.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.4		2	A	1		0.5	1.0	
Thiamin....mg	0.096	0.082	3	A	1		0.014	0.029	
Riboflavin....mg	0.055	0.003	3	A	1		0.008	0.016	
Niacin....mg	0.007	0.000	3	A	1		0.001	0.002	
Pantothenic acid....mg	0.798	0.002	3	A	1		0.120	0.239	
Vitamin B-6....mg	0.023	0.003	3	A	1		0.003	0.007	
Folate, total....µg	4	0.617	3	A	1		1	1	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	4		0	NR	4		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg	20.6		0	FLA	4		3.1	6.2	
Betaine....mg									
Vitamin B-12....µg	0.33	0.000	3	A	1		0.05	0.10	
Vitamin B-12, added....µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		2	3	
Retinol....µg	10		0	FLA	4		1	3	
Carotene, beta....µg	2		0	FLA	4		0	1	
Carotene, alpha....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	
Vitamin A, IU....IU	38		0	FLA	4		6	11	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	29		0	FLA	4		4	9	
Vitamin E (alpha-tocopherol)....mg	4.23		0	FLA	4		0.63	1.27	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04639
Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	FLA	4		1	1	
Vitamin K (phylloquinone)....µg	125.2		2	A	1		18.8	37.6	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.019		0	NC	4		1.203	2.406	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.047	0.002	3	A	1		0.007	0.014	
15:0....g									
16:0....g	5.321	0.558	3	A	1		0.798	1.596	
17:0....g	0.059	0.006	3	A	1		0.009	0.018	
18:0....g	2.248	0.252	3	A	1		0.337	0.674	
20:0....g	0.168	0.020	3	A	1		0.025	0.050	
22:0....g	0.177	0.021	3	A	1		0.027	0.053	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	11.394		0	NC	4		1.709	3.418	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.065		0	AS	1		0.010	0.019	
16:1 c....g	0.065	0.005	3	A	1		0.010	0.019	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	10.987		0	AS	1		1.648	3.296	
18:1 c....g	10.987	1.161	3	A	1		1.648	3.296	
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	0.343	0.102	3	A	1		0.051	0.103	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	28.329		0	NC	4		4.249	8.499	
18:2 undifferentiated....g	25.267		0	AS	1		3.790	7.580	
18:2 n-6 c,c....g	24.887	2.569	3	A	1		3.733	7.466	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.380	0.207	3	A	1		0.057	0.114	
18:2 t not further defined....g									
18:3 undifferentiated....g	3.063		0	AS	1		0.459	0.919	
18:3 n-3 c,c,c (ALA)....g	3.063	0.414	3	A	1		0.459	0.919	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	33	1.931	3	A	1		5	10	

NDB No. 04639
Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Stigmasterol....mg	34	4.581	3	A	1		5	10	
Campesterol....mg	32	3.627	3	A	1		5	9	
Beta-sitosterol....mg	79	8.320	3	A	1		12	24	
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04638
Salad dressing, ranch dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.33	3.899	3	A	1		9.57		
Energy....kcal	119		0	NC	4		17		
Energy....kJ	497		0	NC	4		70		
Protein....g	0.25	0.053	3	A	1		0.03		
Total lipid (fat)....g	1.92	0.329	3	A	1		0.27		
Ash....g	3.00	0.176	3	A	1		0.42		
Carbohydrate, by difference....g	26.51		0	NC	4		3.71		
Fiber, total dietary....g	0.1		0	FLA	4		0.0		
Sugars, total....g	5.35	0.917	3	A	1		0.75		
Sucrose....g	1.57	0.748	3	A	1		0.22		
Glucose (dextrose)....g	1.91	0.477	3	A	1		0.27		
Fructose....g	0.42	0.187	3	A	1		0.06		
Lactose....g	0.07	0.000	3	A	1		0.01		
Maltose....g	1.38	0.670	3	A	1		0.19		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	4.99	0.481	3	A	1		0.70		
Minerals:									
Calcium, Ca....mg	50	11.647	3	A	1		7		
Iron, Fe....mg	1.05	0.183	3	A	1		0.15		
Magnesium, Mg....mg	8	1.649	3	A	1		1		
Phosphorus, P....mg	113	19.985	3	A	1		16		
Potassium, K....mg	111	6.888	3	A	1		16		
Sodium, Na....mg	897		0	O	4		126		
Zinc, Zn....mg	0.40		2	A	1		0.06		
Copper, Cu....mg	0.195	0.137	3	A	1		0.027		
Manganese, Mn....mg	0.111	0.048	3	A	1		0.016		
Selenium, Se....µg	0.8		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0		
Thiamin....mg	0.030	0.004	3	A	1		0.004		
Riboflavin....mg	0.025	0.018	3	A	1		0.003		
Niacin....mg	0.007	0.000	3	A	1		0.001		
Pantothenic acid....mg	0.771	0.058	3	A	1		0.108		
Vitamin B-6....mg	0.024	0.000	3	A	1		0.003		
Folate, total....µg	6	2.217	3	A	1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	6	2.217	3	A	1		1		
Folate, DFE....mcg_DFE	6		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00	0.000	3	A	1		0.00		
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		0		
Retinol....µg	1		0	FLA	4		0		
Carotene, beta....µg	0		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	3		0	FLA	4		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	4		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.18		0	FLA	4		0.03		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	2.3		2	A	1		0.3		

NDB No. 04638
Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.447		0	NC	4		0.063		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.037	0.032	3	A	1		0.005		
15:0....g									
16:0....g	0.243	0.098	3	A	1		0.034		
17:0....g	0.006	0.003	3	A	1		0.001		
18:0....g	0.152	0.120	3	A	1		0.021		
20:0....g	0.005	0.001	3	A	1		0.001		
22:0....g	0.004	0.004	3	A	1		0.001		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.388		0	NC	4		0.054		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	AS	1		0.001		
16:1 c....g	0.006	0.005	3	A	1		0.001		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	0.370		0	AS	1		0.052		
18:1 c....g	0.359	0.087	3	A	1		0.050		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.011	0.011	3	A	1		0.002		
18:1-11t (18:1t n-7)....g									
20:1....g	0.008	0.005	3	A	1		0.001		
22:1 undifferentiated....g	0.004	0.007	3	A	1		0.001		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.698		0	NC	4		0.098		
18:2 undifferentiated....g	0.622		0	AS	1		0.087		
18:2 n-6 c,c....g	0.611	0.198	3	A	1		0.086		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.010	0.006	3	A	1		0.001		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.076		0	AS	1		0.011		
18:3 n-3 c,c,c (ALA)....g	0.076	0.019	3	A	1		0.011		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7	4.389	3	A	1		1		
Phytosterols....mg									
Amino Acids:									

NDB No. 04638
Salad dressing, ranch dressing, fat-free

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04640
Salad dressing, ranch dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.04		2	A	1		9.31	18.61	
Energy....kcal	196		0	NC	4		29	59	
Energy....kJ	821		0	NC	4		123	246	
Protein....g	1.25	0.400	4	JA	6		0.19	0.37	
Total lipid (fat)....g	12.42	0.066	4	JA	6		1.86	3.73	
Ash....g	2.96		2	A	1		0.44	0.89	
Carbohydrate, by difference....g	21.33		0	NC	4		3.20	6.40	
Fiber, total dietary....g	1.1	0.282	3	JA	6		0.2	0.3	
Sugars, total....g	3.77	1.055	4	JA	6		0.57	1.13	
Sucrose....g	0.89		2	A	1		0.13	0.27	
Glucose (dextrose)....g	0.66		0	A	1		0.10	0.20	
Fructose....g	0.61		2	A	1		0.09	0.18	
Lactose....g	1.04		2	A	1		0.16	0.31	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	6.15		2	A	1		0.92	1.84	
Minerals:									
Calcium, Ca....mg	40	12.327	4	JA	6		6	12	
Iron, Fe....mg	0.69	0.369	4	JA	6		0.10	0.21	
Magnesium, Mg....mg	6	1.234	3	A	1		1	2	
Phosphorus, P....mg	193	38.412	3	A	1		29	58	
Potassium, K....mg	132	6.766	3	A	1		20	40	
Sodium, Na....mg	1120		0	O	4		168	336	
Zinc, Zn....mg	0.62	0.041	3	A	1		0.09	0.18	
Copper, Cu....mg	0.162	0.011	3	A	1		0.024	0.048	
Manganese, Mn....mg	0.053	0.006	3	A	1		0.008	0.016	
Selenium, Se....µg	2.9		0	FLA	4		0.4	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.245	4	JA	6		0.1	0.2	
Thiamin....mg	0.022	0.012	3	A	1		0.003	0.007	
Riboflavin....mg	0.027	0.013	3	A	1		0.004	0.008	
Niacin....mg	0.007		1	A	1		0.001	0.002	
Pantothenic acid....mg	0.861	0.033	3	A	1		0.129	0.258	
Vitamin B-6....mg	0.029	0.008	3	A	1		0.004	0.009	
Folate, total....µg	4	0.718	3	A	1		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	0.718	3	A	1		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	18		0	NC	4		3	5	
Retinol....µg	17		0	FLA	4		3	5	
Carotene, beta....µg	4		0	FLA	4		1	1	
Carotene, alpha....µg	2		0	FLA	4		0	1	
Cryptoxanthin, beta....µg	2		0	FLA	4		0	0	
Vitamin A, IU....IU	67		0	NC	4		10	20	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	49		0	FLA	4		7	15	
Vitamin E (alpha-tocopherol)....mg	1.60		0	FLA	4		0.24	0.48	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									

NDB No. 04640
Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	34.8		2	A	1		5.2	10.4	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.250		0	NC	4		0.187	0.375	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.013		2	A	1		0.002	0.004	
15:0....g									
16:0....g	0.793		2	A	1		0.119	0.238	
17:0....g	0.004		2	A	1		0.001	0.001	
18:0....g	0.377		2	A	1		0.057	0.113	
20:0....g	0.034		2	A	1		0.005	0.010	
22:0....g	0.028		2	A	1		0.004	0.009	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.794		0	NC	4		0.419	0.838	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.013		0	AS	1		0.002	0.004	
16:1 c....g	0.013		2	A	1		0.002	0.004	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	2.725		0	AS	1		0.409	0.817	
18:1 c....g	2.725		2	A	1		0.409	0.817	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.057		2	A	1		0.008	0.017	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.213		0	NC	4		0.632	1.264	
18:2 undifferentiated....g	3.685		0	AS	1		0.553	1.106	
18:2 n-6 c,c....g	3.626		2	A	1		0.544	1.088	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.059		2	A	1		0.009	0.018	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.527		0	AS	1		0.079	0.158	
18:3 n-3 c,c,c (ALA)....g	0.527		2	A	1		0.079	0.158	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.059		0	NC	4		0.009	0.018	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g	0.059		0	NC	4		0.009	0.018	

NDB No. 04640
Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	16	8.444	5	JA	6		2	5	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving (2 tbsp)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04015
Salad dressing, russian dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.53		0	FLC	4		5.78	94.39	11.56
Energy....kcal	355		0	NC	4		53	870	107
Energy....kJ	1485		0	NC	4		223	3639	446
Protein (N x 6.25)....g	0.69		1	MC	9		0.10	1.69	0.21
Total lipid (fat)....g	26.18		0	FLC	4		3.93	64.15	7.86
Ash....g	2.70		0	FLC	4		0.41	6.62	0.81
Carbohydrate, by difference....g	31.90		0	NC	4		4.79	78.16	9.57
Fiber, total dietary....g	0.7		1	MC	9		0.1	1.6	0.2
Sugars, total....g	17.68		1	MC	9		2.65	43.32	5.30
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	MC	9		2	32	4
Iron, Fe....mg	0.60		1	MC	9		0.09	1.47	0.18
Magnesium, Mg....mg	10		0	FLC	4		1	24	3
Phosphorus, P....mg	20		0	FLC	4		3	49	6
Potassium, K....mg	173		0	FLC	4		26	423	52
Sodium, Na....mg	1133		0	O	4		170	2776	340
Zinc, Zn....mg	0.22		0	FLC	4		0.03	0.54	0.07
Copper, Cu....mg	0.058		0	FLC	4		0.009	0.143	0.018
Manganese, Mn....mg	0.063		0	FLC	4		0.009	0.154	0.019
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.9	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		1	MC	9		0.9	14.6	1.8
Thiamin....mg	0.029		0	FLC	4		0.004	0.072	0.009
Riboflavin....mg	0.046		0	FLC	4		0.007	0.113	0.014
Niacin....mg	0.594		0	FLC	4		0.089	1.456	0.178
Pantothenic acid....mg	0.400		0		4		0.060	0.980	0.120
Vitamin B-6....mg	0.097		0	FLC	4		0.015	0.237	0.029
Folate, total....µg	5		0	FLC	4		1	13	2
Folic acid....µg	0		0	FLC	4		0	0	0
Folate, food....µg	5		0	FLC	4		1	13	2
Folate, DFE....mcg_DFE	5		0	NC	4		1	13	2
Choline, total....mg	4.6		0	FLC	4		0.7	11.3	1.4
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	29		0	NC	4		4	71	9
Retinol....µg	0		0	FLC	4		0	0	0
Carotene, beta....µg	320		0	FLC	4		48	784	96
Carotene, alpha....µg	2		0	BNA	4		0	4	1
Cryptoxanthin, beta....µg	49		0	BNA	4		7	120	15
Vitamin A, IU....IU	577		0	O	4		87	1414	173
Lycopene....µg	3576		0	FLC	4		536	8762	1073
Lutein + zeaxanthin....µg	173		0	FLC	4		26	424	52
Vitamin E (alpha-tocopherol)....mg	3.32		0	FLC	4		0.50	8.13	1.00
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	53.7		0	FLC	4		8.1	131.6	16.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04015
Salad dressing, russian dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.390		1	MC	9		0.359	5.856	0.717
4:0....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0....g	0.002		0	FLC	4		0.000	0.005	0.001
13:0....g									
14:0....g	0.021		0	FLC	4		0.003	0.052	0.006
15:0....g									
16:0....g	1.731		0	FLC	4		0.260	4.240	0.519
17:0....g									
18:0....g	0.636		0	FLC	4		0.095	1.559	0.191
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.928		0	FLC	4		0.889	14.524	1.778
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0	FLC	4		0.008	0.129	0.016
17:1....g									
18:1 undifferentiated....g	5.824		0	FLC	4		0.874	14.270	1.747
20:1....g	0.051		0	FLC	4		0.008	0.125	0.015
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.830		0	FLC	4		2.225	36.334	4.449
18:2 undifferentiated....g	13.089		0	FLC	4		1.963	32.067	3.927
18:3 undifferentiated....g	1.741		0	FLC	4		0.261	4.266	0.522
18:4....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.170		1	MC	9		0.026	0.417	0.051
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 3.4 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04022
Salad dressing, russian dressing, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.00	0.143	3		1		10.40	169.00	
Energy....kcal	141		0	NC	4		23	368	
Energy....kJ	592		0		4		95	1538	
Protein (N x 6.25)....g	0.50	0.069	3		1		0.08	1.30	
Total lipid (fat)....g	4.00	0.265	3		1		0.64	10.40	
Ash....g	2.90	0.099	3		1		0.46	7.54	
Carbohydrate, by difference....g	27.60		0	NC	4		4.42	71.76	
Fiber, total dietary....g	0.3		0		4		0.0	0.8	
Sugars, total....g	21.87		0	BFZN	4		3.50	56.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		3	49	
Iron, Fe....mg	0.60		0		1		0.10	1.56	
Magnesium, Mg....mg	0		0		4		0	1	
Phosphorus, P....mg	37		0		1		6	96	
Potassium, K....mg	157		0		1		25	408	
Sodium, Na....mg	868		0		1		139	2257	
Zinc, Zn....mg	0.10		0		4		0.02	0.26	
Copper, Cu....mg	0.010		0		4		0.002	0.026	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		0		4		1.0	15.6	
Thiamin....mg	0.007		0		4		0.001	0.018	
Riboflavin....mg	0.013		0		4		0.002	0.034	
Niacin....mg	0.002		0		4		0.000	0.005	
Pantothenic acid....mg	0.135		0		4		0.022	0.351	
Vitamin B-6....mg	0.009		0		4		0.001	0.023	
Folate, total....µg	3		0		4		1	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		1	9	
Folate, DFE....mcg_DFE	3		0	NC	4		1	9	
Choline, total....mg	4.6		0	BFZN	4		0.7	12.0	
Betaine....mg									
Vitamin B-12....µg	0.12		0		4		0.02	0.30	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	20		0	FLA	4		3	51	
Carotene, alpha....µg	1		0	FLA	4		0	2	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	33		0	NC	4		5	87	
Lycopene....µg	628		0	FLA	4		101	1634	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0		4		0.06	1.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.7		0	BFFN	4		1.1	17.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04022
Salad dressing, russian dressing, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.600		0		1		0.096	1.560	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.400		0		1		0.064	1.040	
17:0....g									
18:0....g	0.200		0		1		0.032	0.520	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.900		0		1		0.144	2.340	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.900		0		1		0.144	2.340	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.300		0		1		0.368	5.980	
18:2 undifferentiated....g	2.000		0		1		0.320	5.200	
18:3 undifferentiated....g	0.300		0		1		0.048	0.780	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6	0.324	3		1		1	16	
Phytosterols....mg	10		0		4		2	26	
Amino Acids:									
Tryptophan....g	0.007		0		4		0.001	0.018	
Threonine....g	0.027		0		4		0.004	0.070	
Isoleucine....g	0.029		0		4		0.005	0.075	
Leucine....g	0.043		0		4		0.007	0.112	
Lysine....g	0.034		0		4		0.005	0.088	
Methionine....g	0.013		0		4		0.002	0.034	
Cystine....g	0.009		0		4		0.001	0.023	
Phenylalanine....g	0.022		0		4		0.004	0.057	
Tyrosine....g	0.022		0		4		0.004	0.057	
Valine....g	0.030		0		4		0.005	0.078	
Arginine....g	0.035		0		4		0.006	0.091	
Histidine....g	0.012		0		4		0.002	0.031	
Alanine....g	0.025		0		4		0.004	0.065	
Aspartic acid....g	0.042		0		4		0.007	0.109	
Glutamic acid....g	0.061		0		4		0.010	0.159	
Glycine....g	0.015		0		4		0.002	0.039	
Proline....g	0.021		0		4		0.003	0.055	
Serine....g	0.041		0		4		0.007	0.107	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

NDB No. 04022
Salad dressing, russian dressing, low calorie

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

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04016
Salad dressing, sesame seed dressing, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.20	3.740	6		1		5.88	96.04	
Energy....kcal	443		0	NC	4		66	1086	
Energy....kJ	1854		0		4		278	4542	
Protein (N x 6.25)....g	3.10	1.288	6		1		0.47	7.60	
Total lipid (fat)....g	45.20	4.899	6		1		6.78	110.74	
Ash....g	3.90	0.223	6		1		0.59	9.56	
Carbohydrate, by difference....g	8.60		0	NC	4		1.29	21.07	
Fiber, total dietary....g	1.0		0		4		0.2	2.5	
Sugars, total....g	8.32		0	BFZN	4		1.25	20.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		4		3	47	
Iron, Fe....mg	0.60		0		4		0.09	1.47	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	37		0		4		6	91	
Potassium, K....mg	157		0		4		24	385	
Sodium, Na....mg	1000		0		1		150	2450	
Zinc, Zn....mg	0.10		0		4		0.02	0.25	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	4.0		0	BFZN	4		0.6	9.8	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	21		0	BFZN	4		3	50	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	2		0	BFZN	4		0	4	
Vitamin A, IU....IU	36		0	NC	4		5	87	
Lycopene....µg	16		0	BFZN	4		2	39	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.75	12.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	56.0		0	BFZN	4		8.4	137.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04016
Salad dressing, sesame seed dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.200		0		1		0.930	15.190	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	4.200	0.466	6		1		0.630	10.290	
17:0....g									
18:0....g	1.900	0.230	6		1		0.285	4.655	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.900		0		1		1.785	29.155	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	11.900	1.343	6		1		1.785	29.155	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	25.100		0		1		3.765	61.495	
18:2 undifferentiated....g	23.200	2.518	6		1		3.480	56.840	
18:3 undifferentiated....g	2.000	0.312	6		1		0.300	4.900	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	6		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		4		0.007	0.115	
Threonine....g	0.049		0		4		0.007	0.120	
Isoleucine....g	0.047		0		4		0.007	0.115	
Leucine....g	0.082		0		4		0.012	0.201	
Lysine....g	0.142		0		4		0.021	0.348	
Methionine....g	0.029		0		4		0.004	0.071	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.086		0		4		0.013	0.211	
Tyrosine....g	0.102		0		4		0.015	0.250	
Valine....g	0.068		0		4		0.010	0.167	
Arginine....g	0.399		0		4		0.060	0.978	
Histidine....g	0.031		0		4		0.005	0.076	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.461		0		4		0.069	1.129	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

NDB No. 04016
Salad dressing, sesame seed dressing, regular

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

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04688
Salad dressing, spray-style dressing, assorted flavors

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.00		0	NC	4		5.68		
Energy....kcal	165	5.912	9	MC	9		13		
Energy....kJ	690		9	MC	9		55		
Protein....g	0.16	0.076	9	MC	9		0.01		
Total lipid (fat)....g	10.75	0.704	9	MC	9		0.86		
Ash....g	1.50		0	CAZN	4		0.12		
Carbohydrate, by difference....g	16.60	1.249	9	MC	9		1.33		
Fiber, total dietary....g	0.3	0.014	9	MC	9		0.0		
Sugars, total....g	14.29	1.460	9	MC	9		1.14		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.426	9	MC	9		0		
Iron, Fe....mg	0.18	0.023	9	MC	9		0.01		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1102	89.768	9	MC	9		88		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.352	9	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	347	226.251	9	MC	9		28		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.643	0.112	9	MC	9		0.131		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.139	0.013	9	MC	9		0.011		
Cholesterol....mg	0	0.040	9	MC	9		0		
Phytosterols....mg									

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

NDB No. 04688

Salad dressing, spray-style dressing, assorted flavors

Common Measures:

Measure 1 = 8.0g: 1 serving (approximately 10 sprays)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43019
Salad dressing, sweet and sour

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.70		1		1		15.31	239.25	
Energy	kcal	15		1		1		2	38	
Energy	kJ	63		1		1		10	157	
Protein	g	0.10		1		1		0.02	0.25	
Total lipid (fat)	g	0.00		0		7		0.00	0.00	
Ash	g	0.50		0	O	4		0.08	1.25	
Carbohydrate, by difference	g	3.70		0	NC	4		0.59	9.25	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	3.70		0	NR	4		0.59	9.25	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		1	10	
Iron, Fe	mg	0.04		1		1		0.01	0.10	
Magnesium, Mg	mg	3		1		1		0	8	
Phosphorus, P	mg	3		1		1		0	8	
Potassium, K	mg	33		1		1		5	83	
Sodium, Na	mg	208		1		1		33	520	
Zinc, Zn	mg	0.02		1		1		0.00	0.05	
Copper, Cu	mg	0.010		1		1		0.002	0.025	
Manganese, Mn	mg	0.060		0	FLA	4		0.010	0.150	
Selenium, Se	µg	1.6		0	CAZN	4		0.3	4.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.1		1		1		1.3	20.3	
Thiamin	mg	0.010		1		1		0.002	0.025	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.060		1		1		0.010	0.150	
Pantothenic acid	mg	0.027		0	FLA	4		0.004	0.067	
Vitamin B-6	mg	0.010		1		1		0.002	0.025	
Folate, total	µg	2		0	FLA	4		0	6	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	2		0	FLA	4		0	6	
Folate, DFE	mcg_DFE	2		0	NC	4		0	6	
Choline, total	mg	0.1		0	BFZN	4		0.0	0.2	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	Z	7		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	2.56		0	FLA	4		0.41	6.41	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 43019
Salad dressing, sweet and sour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	39.6		0	FLA	4		6.3	99.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

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

NDB No. 43019
Salad dressing, sweet and sour

Food Group: 04 Fats and Oils
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04635
Salad dressing, thousand island dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.14	0.074	3	A	1		10.58	169.32	
Energy....kcal	132		0	NC	4		21	339	
Energy....kJ	554		0	NC	4		89	1417	
Protein....g	0.55	0.075	3	A	1		0.09	1.40	
Total lipid (fat)....g	1.45	0.049	3	A	1		0.23	3.71	
Ash....g	2.59	0.029	3	A	1		0.41	6.64	
Carbohydrate, by difference....g	29.27		0	NC	4		4.68	74.93	
Fiber, total dietary....g	3.3		2	A	1		0.5	8.5	
Sugars, total....g	16.83		2	A	1		2.69	43.07	
Sucrose....g	2.72		2	A	1		0.44	6.97	
Glucose (dextrose)....g	6.42		2	A	1		1.03	16.43	
Fructose....g	6.58		2	A	1		1.05	16.84	
Lactose....g	0.15		2	A	1		0.02	0.38	
Maltose....g	0.96		2	A	1		0.15	2.46	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	11.75		2	A	1		1.88	30.08	
Minerals:									
Calcium, Ca....mg	11	2.817	3	A	1		2	29	
Iron, Fe....mg	0.28	0.021	3	A	1		0.05	0.72	
Magnesium, Mg....mg	4	0.321	3	A	1		1	10	
Phosphorus, P....mg	1	0.133	3	A	1		0	3	
Potassium, K....mg	122	3.928	3	A	1		20	313	
Sodium, Na....mg	788		0	O	4		126	2017	
Zinc, Zn....mg	0.09	0.015	3	A	1		0.01	0.24	
Copper, Cu....mg	0.178	0.136	3	A	1		0.028	0.456	
Manganese, Mn....mg	0.021	0.006	3	A	1		0.003	0.054	
Selenium, Se....µg	2.0		2	A	1		0.3	5.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.236		2	A	1		0.038	0.603	
Riboflavin....mg	0.049		2	A	1		0.008	0.124	
Niacin....mg	0.261		2	A	1		0.042	0.668	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....µg	12		1	A	1		2	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		1	A	1		2	31	
Folate, DFE....mcg_DFE	12		0	NC	4		2	31	
Choline, total....mg	4.6		0	BFZN	4		0.7	11.8	
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	1	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0	0.000	3	A	1		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	13	6.557	3	A	1		2	33	
Vitamin A, IU....IU	11		0	NC	4		2	28	
Lycopene....µg	1587	77.983	3	A	1		254	4063	
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.75		0	NR	4		0.12	1.92	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.7		2	A	1		0.6	9.5	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.198		0	NC	4		0.032	0.507	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.001		1	A	1		0.000	0.003	
13:0....g									
14:0....g	0.002		1	A	1		0.000	0.005	
15:0....g									
16:0....g	0.129		1	A	1		0.021	0.330	
17:0....g	0.002		1	A	1		0.000	0.005	
18:0....g	0.052		1	A	1		0.008	0.133	
20:0....g	0.006		1	A	1		0.001	0.015	
22:0....g	0.004		1	A	1		0.001	0.010	
24:0....g	0.002		1	A	1		0.000	0.005	
Fatty acids, total monounsaturated....g	0.342		0	NC	4		0.055	0.876	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		1	A	1		0.001	0.018	
17:1....g	0.009		1	A	1		0.001	0.023	
18:1 undifferentiated....g	0.285		1	A	1		0.046	0.730	
20:1....g	0.018		1	A	1		0.003	0.046	
22:1 undifferentiated....g	0.023		1	A	1		0.004	0.059	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.630		0	NC	4		0.101	1.613	
18:2 undifferentiated....g	0.538		1	A	1		0.086	1.377	
18:3 undifferentiated....g	0.088		1	A	1		0.014	0.225	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		1	A	1		0.001	0.010	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		1	A	1		1	12	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

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

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.73	0.139	3	A	1		9.11	148.78	9.11
Energy....kcal	195		0	NC	4		29	477	29
Energy....kJ	815		0	NC	4		122	1996	122
Protein (N x 6.25)....g	0.83	0.190	4	JA	6		0.12	2.03	0.12
Total lipid (fat)....g	11.32	1.829	4	JA	6		1.70	27.74	1.70
Ash....g	3.07	0.004	3	A	1		0.46	7.51	0.46
Carbohydrate, by difference....g	24.06		0	NC	4		3.61	58.94	3.61
Fiber, total dietary....g	1.2	0.003	3	JA	6		0.2	2.9	0.2
Sugars, total....g	17.31		2	A	1		2.60	42.42	2.60
Sucrose....g	0.80		2	A	1		0.12	1.96	0.12
Glucose (dextrose)....g	9.11		2	A	1		1.37	22.32	1.37
Fructose....g	6.90		2	A	1		1.03	16.90	1.03
Lactose....g	0.00		2	A	1		0.00	0.00	0.00
Maltose....g	0.50		2	A	1		0.08	1.23	0.08
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	4.92		2	A	1		0.74	12.05	0.74
Minerals:									
Calcium, Ca....mg	27	10.856	4	JA	6		4	66	4
Iron, Fe....mg	0.90	0.115	4	JA	6		0.13	2.20	0.13
Magnesium, Mg....mg	7	0.100	3	A	1		1	18	1
Phosphorus, P....mg	14	0.593	3	A	1		2	35	2
Potassium, K....mg	202	3.374	3	A	1		30	495	30
Sodium, Na....mg	955		0	O	4		143	2340	143
Zinc, Zn....mg	0.19	0.031	3	A	1		0.03	0.47	0.03
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.120	0.006	3	A	1		0.018	0.294	0.018
Selenium, Se....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		2	JA	6		0.2	3.8	0.2
Thiamin....mg	0.049		2	A	1		0.007	0.119	0.007
Riboflavin....mg	0.043		2	A	1		0.006	0.104	0.006
Niacin....mg	0.437		2	A	1		0.066	1.071	0.066
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total....µg	0		1	A	1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		1	A	1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	16.0		0	BFZN	4		2.4	39.2	2.4
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	16		0	NC	4		2	38	2
Retinol....µg	0		0	FLA	4		0	1	0
Carotene, beta....µg	154		2	A	1		23	376	23
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	65		2	A	1		10	159	10
Vitamin A, IU....IU	311		0	NC	4		47	762	47
Lycopene....µg	3097		2	A	1		464	7586	464
Lutein + zeaxanthin....µg	100		0	NR	4		15	244	15
Vitamin E (alpha-tocopherol)....mg	1.00		0		4		0.15	2.45	0.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 04023
Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	27.6		0	FLA	4		4.1	67.6	4.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.746		0	NC	4		0.112	1.828	0.112
4:0....g	0.000		2	A	1		0.000	0.000	0.000
6:0....g	0.000		2	A	1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g									
16:0....g	0.524		2	A	1		0.079	1.283	0.079
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.223		2	A	1		0.033	0.545	0.033
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	6.468		0	NC	4		0.970	15.845	0.970
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	6.285		2	A	1		0.943	15.398	0.943
20:1....g	0.183		2	A	1		0.027	0.447	0.027
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.692		0	NC	4		0.404	6.594	0.404
18:2 undifferentiated....g	1.955		2	A	1		0.293	4.789	0.293
18:3 undifferentiated....g	0.737		2	A	1		0.111	1.806	0.111
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	11		2	JA	6		2	26	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	JA	6		0.000	0.000	0.000
Threonine....g	0.000		0	JA	6		0.000	0.000	0.000
Isoleucine....g	0.000		0	JA	6		0.000	0.000	0.000
Leucine....g	0.000		0	JA	6		0.000	0.000	0.000
Lysine....g	0.000		0	JA	6		0.000	0.000	0.000
Methionine....g	0.000		0	JA	6		0.000	0.000	0.000
Cystine....g	0.000		0	JA	6		0.000	0.000	0.000
Phenylalanine....g	0.000		0	JA	6		0.000	0.000	0.000
Tyrosine....g	0.000		0	JA	6		0.000	0.000	0.000
Valine....g	0.000		0	JA	6		0.000	0.000	0.000
Arginine....g	0.000		0	JA	6		0.000	0.000	0.000
Histidine....g	0.000		0	JA	6		0.000	0.000	0.000
Alanine....g	0.000		0	JA	6		0.000	0.000	0.000
Aspartic acid....g	0.000		0	JA	6		0.000	0.000	0.000
Glutamic acid....g	0.135		0	JA	6		0.020	0.332	0.020
Glycine....g	0.000		0	JA	6		0.000	0.000	0.000
Proline....g	0.000		0	JA	6		0.000		

NDB No. 04023
Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	0.000			JA	6			0.000	0.000
Serine....g	0.000		0	JA	6		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Measure 3 = 15g: 1 serving (2 tbsp)

Calories Factors: Protein 3.9 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04017
Salad dressing, thousand island, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.51	1.369	6	A	1		7.44	116.28	13.95
Energy....kcal	370		0	NC	4		59	925	111
Energy....kJ	1548		0	NC	4		248	3870	464
Protein (N x 6.25)....g	1.09	0.023	6	A	1		0.17	2.73	0.33
Total lipid (fat)....g	35.06	0.791	6	A	1		5.61	87.66	10.52
Ash....g	2.69	0.044	6	A	1		0.43	6.73	0.81
Carbohydrate, by difference....g	14.64		0	NC	4		2.34	36.60	4.39
Fiber, total dietary....g	0.8		2	A	1		0.1	1.9	0.2
Sugars, total....g	15.18		2	A	1		2.43	37.94	4.55
Sucrose....g	6.40		2	A	1		1.02	15.99	1.92
Glucose (dextrose)....g	4.78		2	A	1		0.77	11.96	1.44
Fructose....g	4.00		2	A	1		0.64	9.99	1.20
Lactose....g	0.00		2	A	1		0.00	0.00	0.00
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	17	0.692	6	A	1		3	43	5
Iron, Fe....mg	1.18	0.089	6	A	1		0.19	2.96	0.36
Magnesium, Mg....mg	8	0.217	6	A	1		1	19	2
Phosphorus, P....mg	27	0.735	6	A	1		4	68	8
Potassium, K....mg	107	2.622	6	A	1		17	268	32
Sodium, Na....mg	863	21.246	6	A	1		138	2158	259
Zinc, Zn....mg	0.26	0.017	6	A	1		0.04	0.65	0.08
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.040	0.025	6	A	1		0.006	0.100	0.012
Selenium, Se....µg	1.5		2	A	1		0.2	3.8	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	1.445	1.213	3	A	1		0.231	3.613	0.434
Riboflavin....mg	0.058	0.002	3	A	1		0.009	0.144	0.017
Niacin....mg	0.418	0.015	3	A	1		0.067	1.044	0.125
Pantothenic acid....mg	0.000		2	A	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		2	A	1		0.000	0.000	0.000
Folate, total....µg	0		2	A	1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		2	A	1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	16.0		0	BFZN	4		2.6	40.0	4.8
Betaine....mg									
Vitamin B-12....µg	0.00		2	A	1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	14		0	NC	4		2	35	4
Retinol....µg	4		0	FLA	4		1	11	1
Carotene, beta....µg	92	6.726	6	A	1		15	229	28
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	52	3.276	6	A	1		8	130	16
Vitamin A, IU....IU	211		0	NC	4		34	527	63
Lycopene....µg	2597	163.390	6	A	1		415	6491	779
Lutein + zeaxanthin....µg	29		0	FLA	4		5	72	9
Vitamin E (alpha-tocopherol)....mg	4.00		0		4		0.64	10.00	1.20
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.0	0.2	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 04017
Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	FLA	4		0	8	1
Vitamin K (phylloquinone)....µg	69.1		1	A	1		11.1	172.7	20.7
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.092		0	NC	4		0.815	12.729	1.527
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g									
16:0....g	3.516	0.087	4	A	1		0.562	8.789	1.055
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	1.341	0.029	4	A	1		0.214	3.351	0.402
20:0....g	0.122	0.004	4	A	1		0.019	0.304	0.036
22:0....g	0.114	0.002	4	A	1		0.018	0.285	0.034
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	7.881		0	NC	4		1.261	19.703	2.364
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	7.727	0.344	4	A	1		1.236	19.318	2.318
20:1....g	0.154	0.004	4	A	1		0.025	0.385	0.046
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.220		0	NC	4		2.915	45.549	5.466
18:2 undifferentiated....g	15.869	0.348	4	A	1		2.539	39.672	4.761
18:3 undifferentiated....g	2.351	0.063	4	A	1		0.376	5.877	0.705
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	26		2	A	1		4	65	8
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	A	1		0.000	0.000	0.000
Threonine....g	0.000		0	A	1		0.000	0.000	0.000
Isoleucine....g	0.000		0	A	1		0.000	0.000	0.000
Leucine....g	0.000		0	A	1		0.000	0.000	0.000
Lysine....g	0.000		0	A	1		0.000	0.000	0.000
Methionine....g	0.000		0	A	1		0.000	0.000	0.000
Cystine....g	0.000		0	A	1		0.000	0.000	0.000
Phenylalanine....g	0.000		0	A	1		0.000	0.000	0.000
Tyrosine....g	0.000		0	A	1		0.000	0.000	0.000
Valine....g	0.000		0	A	1		0.000	0.000	0.000
Arginine....g	0.000		0	A	1		0.000	0.000	0.000
Histidine....g	0.000		0	A	1		0.000	0.000	0.000
Alanine....g	0.000		0	A	1		0.000	0.000	0.000
Aspartic acid....g	0.110		0	A	1		0.018	0.275	0.033
Glutamic acid....g	0.250		0	A	1		0.040	0.626	0.075
Glycine....g	0.000		0	A	1		0.000	0.000	0.000
Proline....g	0.000		0	A	1		0.000	0.000	0.000
Serine....g	0.000		0	A	1		0.000	0.000	0.000
Hydroxyproline....g									

NDB No. 04017
Salad dressing, thousand island, commercial, regular

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

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04030
Sandwich spread, with chopped pickle, regular, unspecified oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.80	1.148	6		1		6.12	99.96	
Energy....kcal	389		0	NC	4		58	953	
Energy....kJ	1628		0		4		244	3988	
Protein (N x 6.25)....g	0.90	0.106	7		1		0.14	2.21	
Total lipid (fat)....g	34.00	1.570	7		1		5.10	83.30	
Ash....g	2.00	0.140	7		1		0.30	4.90	
Carbohydrate, by difference....g	22.40		0	NC	4		3.36	54.88	
Fiber, total dietary....g	0.4		0		4		0.1	1.0	
Sugars, total....g	15.18		0	BFZN	4		2.28	37.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		4		2	34	
Iron, Fe....mg	0.20		0		4		0.03	0.49	
Magnesium, Mg....mg	2		0		4		0	5	
Phosphorus, P....mg	26		0		4		4	64	
Potassium, K....mg	35		0		4		5	86	
Sodium, Na....mg	1000		0		4		150	2450	
Zinc, Zn....mg	0.81		0		4		0.12	1.98	
Copper, Cu....mg	0.010		0		4		0.002	0.025	
Manganese, Mn....mg									
Selenium, Se....µg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		4		0.002	0.025	
Riboflavin....mg	0.020		0		4		0.003	0.049	
Niacin....mg	0.010		0		4		0.002	0.025	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.020		0		4		0.003	0.049	
Folate, total....µg	6		0		4		1	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		1	15	
Folate, DFE....mcg_DFE	6		0	NC	4		1	15	
Choline, total....mg	14.6		0	FLM	4		2.2	35.8	
Betaine....mg									
Vitamin B-12....µg	0.21		0		4		0.03	0.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	22		0	NC	4		3	54	
Retinol....µg	13		0	FLM	4		2	32	
Carotene, beta....µg	94		0	BFZN	4		14	230	
Carotene, alpha....µg	1		0	BFZN	4		0	3	
Cryptoxanthin, beta....µg	27		0	BFZN	4		4	66	
Vitamin A, IU....IU	220		0		4		33	539	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	87		0	BFZN	4		13	212	
Vitamin E (alpha-tocopherol)....mg	4.00		0		4		0.60	9.80	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.0	0.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	BFFN	4		1	11	
Vitamin K (phylloquinone)....µg	24.7		0	BFZN	4		3.7	60.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.100		0		1		0.765	12.495	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	3.900	0.202	8		1		0.585	9.555	
17:0....g									
18:0....g	1.200	0.080	8		1		0.180	2.940	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.400		0		1		1.110	18.130	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.400	0.364	8		1		1.110	18.130	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	20.000		0		1		3.000	49.000	
18:2 undifferentiated....g	18.100	0.848	8		1		2.715	44.345	
18:3 undifferentiated....g	1.900	0.188	8		1		0.285	4.655	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76	5.857	7		1		11	186	
Phytosterols....mg	75		0		4		11	184	
Amino Acids:									
Tryptophan....g	0.013		0		4		0.002	0.032	
Threonine....g	0.049		0		4		0.007	0.120	
Isoleucine....g	0.052		0		4		0.008	0.127	
Leucine....g	0.077		0		4		0.012	0.189	
Lysine....g	0.061		0		4		0.009	0.149	
Methionine....g	0.023		0		4		0.003	0.056	
Cystine....g	0.016		0		4		0.002	0.039	
Phenylalanine....g	0.039		0		4		0.006	0.096	
Tyrosine....g	0.039		0		4		0.006	0.096	
Valine....g	0.055		0		4		0.008	0.135	
Arginine....g	0.062		0		4		0.009	0.152	
Histidine....g	0.022		0		4		0.003	0.054	
Alanine....g	0.045		0		4		0.007	0.110	
Aspartic acid....g	0.075		0		4		0.011	0.184	
Glutamic acid....g	0.110		0		4		0.017	0.270	
Glycine....g	0.027		0		4		0.004	0.066	
Proline....g	0.037		0		4		0.006	0.091	
Serine....g	0.075		0		4		0.011	0.184	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

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

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.92 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	6.13		0	O	4		0.78	12.56	
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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	22.000		0		1		2.816	45.100	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	10.400	0.386	7		1		1.331	21.320	
17:0....g									
18:0....g	11.600	1.595	7		1		1.485	23.780	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	33.000		0		1		4.224	67.650	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	33.000	3.373	7		1		4.224	67.650	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	40.600		0		1		5.197	83.230	
18:2 undifferentiated....g	36.700	2.189	7		1		4.698	75.235	
18:3 undifferentiated....g	4.000	0.641	7		1		0.512	8.200	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

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

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

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04548
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.44		0	BFZN	4		0.06	0.90	
Tocopherol, gamma....mg	32.30		0	BFZN	4		4.13	66.22	
Tocopherol, delta....mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	27.200		0		1		3.482	55.760	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.100		1		1		0.013	0.205	
13:0....g									
14:0....g	0.400		1		1		0.051	0.820	
15:0....g									
16:0....g	18.000	1.629	3		1		2.304	36.900	
17:0....g									
18:0....g	8.800	2.903	3		1		1.126	18.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	54.200		0		1		6.938	111.110	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	54.200	1.609	3		1		6.938	111.110	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.100		0		1		1.805	28.905	
18:2 undifferentiated....g	13.100	1.124	3		1		1.677	26.855	
18:3 undifferentiated....g	1.100		1		1		0.141	2.255	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.3		0	BFZN	4		0.0	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.95		0	RA	4		0.25	4.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	91.300		0		1		11.686	187.165	
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	4.300	0.625	3		1		0.550	8.815	
10:0....g	4.300	0.634	3		1		0.550	8.815	
12:0....g	35.800	3.295	3		1		4.582	73.390	
13:0....g									
14:0....g	14.400	1.421	3		1		1.843	29.520	
15:0....g									
16:0....g	10.700	0.599	3		1		1.370	21.935	
17:0....g									
18:0....g	21.900	5.376	3		1		2.803	44.895	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.200		0		1		0.282	4.510	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.200	0.316	3		1		0.282	4.510	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0		1		0.128	2.050	
18:2 undifferentiated....g	1.000		1		1		0.128	2.050	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	86		0		4		11	176	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		115	1845	
Energy	kJ	3766				4		482	7719	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	4.00		0		4		0.51	8.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	44.900		0		1		5.747	92.045	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	3.400		1		1		0.435	6.970	
15:0....g									
16:0....g	24.500		1		1		3.136	50.225	
17:0....g									
18:0....g	17.000		1		1		2.176	34.850	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	38.500		0		1		4.928	78.925	
14:1....g									
15:1....g									
16:1 undifferentiated....g	4.300		1		1		0.550	8.815	
17:1....g									
18:1 undifferentiated....g	34.200		1		1		4.378	70.110	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.800		0		1		1.126	18.040	
18:2 undifferentiated....g	8.300		1		1		1.062	17.015	
18:3 undifferentiated....g	0.500		1		1		0.064	1.025	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	100		0		4		13	205	
Phytosterols....mg	32		0		4		4	66	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kJ	3699				4		473	7582	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	19.00		0		4		2.43	38.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	47.500		0		1		6.080	97.375	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	40.600	1.813	4		1		5.197	83.230	
17:0 g									
18:0 g	6.900	0.767	4		1		0.883	14.145	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	40.600		0		1		5.197	83.230	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	40.600	1.714	4		1		5.197	83.230	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	7.500		0		1		0.960	15.375	
18:2 undifferentiated g	7.500	2.186	4		1		0.960	15.375	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	49		0		4		6	100	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04556

Shortening frying (heavy duty), palm (hydrogenated)

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg	0.44		0	BFZN	4		0.06	0.90	
Tocopherol, gamma....mg	32.30		0	BFZN	4		4.13	66.21	
Tocopherol, delta....mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	21.100		0		1		2.701	43.255	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	10.900		1		1		1.395	22.345	
17:0....g									
18:0....g	10.200		1		1		1.306	20.910	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	73.700		0		1		9.434	151.085	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	73.700		1		1		9.434	151.085	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0		1		0.051	0.820	
18:2 undifferentiated....g	0.300		1		1		0.038	0.615	
18:3 undifferentiated....g	0.100		1		1		0.013	0.205	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	181		0		4		23	371	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699				4		473	7582	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	100.00		1		1		12.80	205.00	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	25.020		0		1		3.203	51.291	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.100		1		1		0.013	0.205	
10:0....g	0.100		1		1		0.013	0.205	
12:0....g	0.400	0.262	3		1		0.051	0.820	
13:0....g									
14:0....g	0.240		2		1		0.031	0.492	
15:0....g									
16:0....g	14.040		2		1		1.797	28.782	
17:0....g									
18:0....g	10.740		2		1		1.375	22.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	42.510		0		1		5.441	87.146	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		2		1		0.013	0.205	
17:1....g									
18:1 undifferentiated....g	42.220		2		1		5.404	86.551	
20:1....g	0.190		2		1		0.024	0.390	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	26.640		0		1		3.410	54.612	
18:2 undifferentiated....g	25.160		2		1		3.220	51.578	
18:3 undifferentiated....g	1.480		2		1		0.189	3.034	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	148		1		1		19	303	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04549
Shortening industrial, lard and vegetable oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	900		0	NC	4		115	1845	
Energy....kJ	3766				4		482	7719	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.00		0		4		0.13	2.05	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	35.700		0		1		4.570	73.185	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04549
Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.200		2		1		0.026	0.410	
13:0 g									
14:0 g	1.200		2		1		0.154	2.460	
15:0 g									
16:0 g	19.200	1.198	3		1		2.458	39.360	
17:0 g									
18:0 g	14.600	0.240	3		1		1.869	29.930	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	40.700		0		1		5.210	83.435	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.400		2		1		0.179	2.870	
17:1 g									
18:1 undifferentiated g	38.000	1.934	3		1		4.864	77.900	
20:1 g	0.600		2		1		0.077	1.230	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	19.200		0		1		2.458	39.360	
18:2 undifferentiated g	18.100	0.683	3		1		2.317	37.105	
18:3 undifferentiated g	1.000		2		1		0.128	2.050	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	56		0		4		7	115	
Phytosterols mg	13		0		4		2	27	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04549

Shortening industrial, lard and vegetable oil

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		0	NR	4		0.78	12.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	32.30		0	BFZN	4		4.13	66.22	
Tocopherol, delta....mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	25.600		0		1		3.277	52.480	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.500	0.158	6		1		0.064	1.025	
15:0....g									
16:0....g	13.000	0.401	22		1		1.664	26.650	
17:0....g									
18:0....g	12.100	0.445	22		1		1.549	24.805	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	58.000		0		1		7.424	118.900	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	58.000	1.046	22		1		7.424	118.900	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.000		0		1		1.536	24.600	
18:2 undifferentiated....g	11.400	1.028	22		1		1.459	23.370	
18:3 undifferentiated....g	0.600	0.171	10		1		0.077	1.230	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04570
Shortening, confectionery, fractionated palm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		120	1927	
Energy	kJ	3699				4		503	8063	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		13.60	218.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	19.00		0		4		2.58	41.42	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	65.500		0		1		8.908	142.790	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 04570
Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	1.100		1		1		0.150	2.398	
13:0 g									
14:0 g	0.900		1		1		0.122	1.962	
15:0 g									
16:0 g	36.000		1		1		4.896	78.480	
17:0 g									
18:0 g	26.200		1		1		3.563	57.116	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	29.600		0		1		4.026	64.528	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	29.300		1		1		3.985	63.874	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.500		0		1		0.068	1.090	
18:2 undifferentiated g	0.500		1		1		0.068	1.090	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	49		0		4		7	107	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04570

Shortening, confectionery, fractionated palm

Measure 2 = 218g: 1 cup

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04544
Shortening, household, lard and vegetable oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	900		0	NC	4		115	1845	
Energy....kJ	3766		0		4		482	7719	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		7		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	25.0		0	O	4		3.2	51.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFZN	4		0	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.00		0		4		0.13	2.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	21.5		0	RA	4		2.8	44.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04544
Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	40.300		0		1		5.158	82.615	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.100		7		1		0.013	0.205	
12:0....g	0.100		10		1		0.013	0.205	
13:0....g									
14:0....g	1.600	0.132	13		1		0.205	3.280	
15:0....g									
16:0....g	23.000	0.247	20		1		2.944	47.150	
17:0....g									
18:0....g	15.200	0.746	20		1		1.946	31.160	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	44.400		0		1		5.683	91.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.100	0.226	14		1		0.397	6.355	
17:1....g									
18:1 undifferentiated....g	40.900	0.793	20		1		5.235	83.845	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.900		0		1		1.395	22.345	
18:2 undifferentiated....g	9.700	0.476	20		1		1.242	19.885	
18:3 undifferentiated....g	1.100	0.131	12		1		0.141	2.255	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	56		0		4		7	115	
Phytosterols....mg	13		0		4		2	27	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 04544
Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04031

Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		2	A	1		0.78	12.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.44		1	A	1		0.06	0.90	
Tocopherol, gamma....mg	32.30		1	A	1		4.13	66.21	
Tocopherol, delta....mg	15.36		1	A	1		1.97	31.49	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04031

Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	25.000		0		1		3.200	51.250	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.400		11		1		0.051	0.820	
15:0....g									
16:0....g	14.100	0.470	19		1		1.805	28.905	
17:0....g									
18:0....g	10.600	0.359	19		1		1.357	21.730	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	44.500		0		1		5.696	91.225	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	44.500	1.002	19		1		5.696	91.225	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	26.100		0		1		3.341	53.505	
18:2 undifferentiated....g	24.500	1.106	19		1		3.136	50.225	
18:3 undifferentiated....g	1.600	0.189	17		1		0.205	3.280	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 04031

Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	BFZN	4		113	1812	
Energy....kJ	3699		0	BFZN	4		473	7582	
Protein (N x 0)....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		0	BFZN	4		12.80	205.00	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....µg	0		0	BFZN	4		0	0	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....µg	0		0	BFZN	4		0	0	
Carotene, beta....µg	0		0	BFZN	4		0	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	32.30		0	BFZN	4		4.13	66.22	
Tocopherol, delta....mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFZN	4		0	0	
Vitamin K (phylloquinone)....µg	43.0		0	BFZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	17.416		0	NC	4		2.229	35.703	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.075		1	A	1		0.010	0.154	
15:0....g	0.037		1	A	1		0.005	0.076	
16:0....g	10.439		1	A	1		1.336	21.399	
17:0....g	0.095		1	A	1		0.012	0.195	
18:0....g	6.090		1	A	1		0.779	12.484	
20:0....g	0.392		1	A	1		0.050	0.804	
22:0....g	0.288		1	A	1		0.037	0.591	
24:0....g									
Fatty acids, total monounsaturated....g	40.824		0	NC	4		5.225	83.688	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.133		0	AS	1		0.017	0.272	
16:1 c....g	0.133		1	A	1		0.017	0.272	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	40.490		0	AS	1		5.183	83.004	
18:1 c....g	30.744		1	A	1		3.935	63.024	
18:1-11c (18:1c n-7)....g									
18:1 t....g	9.746		1	A	1		1.248	19.980	
18:1-11t (18:1t n-7)....g									
20:1....g	0.201		1	A	1		0.026	0.413	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	36.038		0	NC	4		4.613	73.877	
18:2 undifferentiated....g	33.715		0	AS	1		4.316	69.116	
18:2 n-6 c,c....g	30.372		1	A	1		3.888	62.263	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	3.343		1	A	1		0.428	6.853	
18:2 t not further defined....g									
18:3 undifferentiated....g	2.323		0	AS	1		0.297	4.762	
18:3 n-3 c,c,c (ALA)....g	1.628		1	A	1		0.208	3.337	
18:3 n-6 c,c,c....g									
18:3i....g	0.695		1	A	1		0.089	1.425	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	13.784		0	NC	4		1.764	28.257	
Fatty acids, total trans-monoenoic....g	9.746		0	NC	4		1.248	19.980	
Fatty acids, total trans-polyenoic....g	4.038		0	NC	4		0.517	8.277	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	BFZN	4		113	1812	
Energy....kJ	3699		0	BFZN	4		473	7582	
Protein (N x 0)....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		1	PAK	1		12.80	205.00	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....µg	0		0	BFZN	4		0	0	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....µg	0		0	BFZN	4		0	0	
Carotene, beta....µg	0		0	BFZN	4		0	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.44		0	BFZN	4		0.06	0.90	
Tocopherol, gamma....mg	32.30		0	BFZN	4		4.13	66.21	
Tocopherol, delta....mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	43.0		0	BFZN	4		5.5	88.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	18.788		0	NC	4		2.405	38.516	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.094		1	A	1		0.012	0.193	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	10.638		1	A	1		1.362	21.807	
17:0....g	0.114		1	A	1		0.015	0.234	
18:0....g	7.281		1	A	1		0.932	14.926	
20:0....g	0.316		1	A	1		0.040	0.647	
22:0....g	0.346		1	A	1		0.044	0.709	
24:0....g									
Fatty acids, total monounsaturated....g	71.023		0	NC	4		9.091	145.598	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0	AS	1		0.007	0.116	
16:1 c....g	0.057		1	A	1		0.007	0.116	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	70.967		0	AS	1		9.084	145.481	
18:1 c....g	30.848		1	A	1		3.949	63.239	
18:1-11c (18:1c n-7)....g									
18:1 t....g	40.118		1	A	1		5.135	82.242	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.400		0	NC	4		0.691	11.070	
18:2 undifferentiated....g	5.000		0	AS	1		0.640	10.250	
18:2 n-6 c,c....g	2.667		1	A	1		0.341	5.467	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.333		1	A	1		0.299	4.783	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g									
18:3i....g	0.400		1	A	1		0.051	0.820	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	42.851		0	NC	4		5.485	87.845	
Fatty acids, total trans-monoenoic....g	40.118		0	NC	4		5.135	82.242	
Fatty acids, total trans-polyenoic....g	2.733		0	NC	4		0.350	5.603	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	
Threonine....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	
Leucine....g	0.000		0	BFZN	4		0.000	0.000	
Lysine....g	0.000		0	BFZN	4		0.000	0.000	
Methionine....g	0.000		0	BFZN	4		0.000	0.000	
Cystine....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	
Valine....g	0.000		0	BFZN	4		0.000	0.000	
Arginine....g	0.000		0	BFZN	4		0.000	0.000	
Histidine....g	0.000		0	BFZN	4		0.000	0.000	
Alanine....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glycine....g	0.000		0	BFZN	4		0.000	0.000	
Proline....g	0.000		0	BFZN	4		0.000	0.000	
Serine....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	µg	0		0	BFZN	4		0	0	0
Folic acid	µg	0		0	BFZN	4		0	0	0
Folate, food	µg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	µg	0		0	BFZN	4		0	0	0
Carotene, beta	µg	0		0	BFZN	4		0	0	0
Carotene, alpha	µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	24.7		0	BFZN	4		3.4	53.9	1.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	18.358		0	NC	4		2.497	40.021	0.826
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.085		1	A	1		0.012	0.185	0.004
15:0....g	0.037		1	A	1		0.005	0.081	0.002
16:0....g	10.714		1	A	1		1.457	23.355	0.482
17:0....g	0.105		1	A	1		0.014	0.228	0.005
18:0....g	6.709		1	A	1		0.912	14.626	0.302
20:0....g	0.354		1	A	1		0.048	0.772	0.016
22:0....g	0.355		1	A	1		0.048	0.775	0.016
24:0....g									
Fatty acids, total monounsaturated....g	38.870		0	NC	4		5.286	84.737	1.749
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	38.603		0	AS	1		5.250	84.155	1.737
18:1 c....g	29.315		1	A	1		3.987	63.906	1.319
18:1-11c (18:1c n-7)....g									
18:1 t....g	9.289		1	A	1		1.263	20.250	0.418
18:1-11t (18:1t n-7)....g									
20:1....g	0.163		1	A	1		0.022	0.355	0.007
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	38.009		0	NC	4		5.169	82.859	1.710
18:2 undifferentiated....g	34.829		0	AS	1		4.737	75.928	1.567
18:2 n-6 c,c....g	32.239		1	A	1		4.384	70.280	1.451
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.591		1	A	1		0.352	5.647	0.117
18:2 t not further defined....g									
18:3 undifferentiated....g	2.485		0	AS	1		0.338	5.417	0.112
18:3 n-3 c,c,c (ALA)....g	2.485		1	A	1		0.338	5.417	0.112
18:3 n-6 c,c,c....g									
18:3i....g	0.695		1	A	1		0.095	1.515	0.031
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	12.574		0	NC	4		1.710	27.412	0.566
Fatty acids, total trans-monoenoic....g	9.289		0	NC	4		1.263	20.250	0.418
Fatty acids, total trans-polyenoic....g	3.285		0	NC	4		0.447	7.162	0.148
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699				4		473	7582	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	100.00		1		1		12.80	205.00	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	30.423		0		1		3.894	62.367	
4:0....g									

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.101		1		1		0.013	0.207	
10:0....g	0.101		1		1		0.013	0.207	
12:0....g	0.403		1		1		0.052	0.826	
13:0....g									
14:0....g	0.403		1		1		0.052	0.826	
15:0....g									
16:0....g	19.442		1		1		2.489	39.856	
17:0....g									
18:0....g	9.973		1		1		1.277	20.445	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	50.973		0		1		6.525	104.495	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	50.973		1		1		6.525	104.495	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.204		0		1		1.818	29.118	
18:2 undifferentiated....g	13.600		1		1		1.741	27.880	
18:3 undifferentiated....g	0.604		1		1		0.077	1.238	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kJ	3699		0		4		473	7582	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	0		0	Z	7		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg	0.44		0	BFZN	4		0.06	0.90	
Tocopherol, gamma	mg	32.30		0	BFZN	4		4.13	66.21	
Tocopherol, delta	mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	28.843		0		1		3.692	59.128	

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.450		1		1		0.058	0.923	
15:0....g									
16:0....g	23.392		1		1		2.994	47.954	
17:0....g									
18:0....g	5.001		1		1		0.640	10.252	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	29.583		0		1		3.787	60.645	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		1		1		0.029	0.472	
17:1....g									
18:1 undifferentiated....g	29.353		1		1		3.757	60.174	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.174		0		1		4.758	76.207	
18:2 undifferentiated....g	33.984		1		1		4.350	69.667	
18:3 undifferentiated....g	3.190		1		1		0.408	6.540	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kJ	3699		0		4		473	7582	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	0		0	Z	7		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg	0.44		0	BFZN	4		0.06	0.90	
Tocopherol, gamma	mg	32.30		0	BFZN	4		4.13	66.21	
Tocopherol, delta	mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	43.0		1	CAZN	4		5.5	88.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	20.001		0		1		2.560	41.002	
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	9.666		1		1		1.237	19.815	
17:0....g									
18:0....g	10.335		1		1		1.323	21.187	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	36.555		0		1		4.679	74.938	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	36.555		1		1		4.679	74.938	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.991		0		1		4.863	77.882	
18:2 undifferentiated....g	35.790		1		1		4.581	73.370	
18:3 undifferentiated....g	2.201		1		1		0.282	4.512	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04615
Shortening, vegetable, household, composite

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00	0.000	7	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0	NC	4		473	7582	
Protein (N x 6.25)....g	0.00	0.000	7	A	1		0.00	0.00	
Total lipid (fat)....g	99.97		0	O	4		12.80	204.94	
Ash....g	0.03	0.022	7	A	1		0.00	0.06	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	1	0.139	6	A	1		0	2	
Iron, Fe....mg	0.07	0.016	6	A	1		0.01	0.14	
Magnesium, Mg....mg	0	0.030	6	A	1		0	0	
Phosphorus, P....mg	0	0.000	6	A	1		0	0	
Potassium, K....mg	0	0.000	6	A	1		0	0	
Sodium, Na....mg	4	0.535	6	A	1		1	9	
Zinc, Zn....mg	0.00	0.000	6	A	1		0.00	0.00	
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	6	A	1		0.000	0.000	
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.020		1	A	1		0.003	0.042	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.680		1	A	1		0.087	1.394	
Vitamin B-6....mg	0.001		1	A	1		0.000	0.002	
Folate, total....µg	0		0	BFZN	4		0	0	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFZN	4		0	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	6.13		0	BFZN	4		0.78	12.56	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg	0.44		0	BFZN	4		0.06	0.90	
Tocopherol, gamma....mg	32.30		0	BFZN	4		4.13	66.21	
Tocopherol, delta....mg	15.36		0	BFZN	4		1.97	31.49	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	53.2	13.440	3	A	1		6.8	109.1	
Dihydrophylloquinone....µg	164.9	5.468	3	A	1		21.1	338.1	
Menaquinone-4....µg									
Lipids:									

NDB No. 04615
Shortening, vegetable, household, composite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	24.980		0	NC	4		3.197	51.209	
4:0....g	0.000	0.000	7	A	1		0.000	0.000	
6:0....g	0.000	0.000	7	A	1		0.000	0.000	
8:0....g	0.000	0.000	7	A	1		0.000	0.000	
10:0....g	0.000	0.000	7	A	1		0.000	0.000	
12:0....g	0.000	0.000	7	A	1		0.000	0.000	
13:0....g									
14:0....g	0.167	0.007	7	A	1		0.021	0.342	
15:0....g									
16:0....g	12.460	0.341	7	A	1		1.595	25.543	
17:0....g	0.095	0.026	7	A	1		0.012	0.196	
18:0....g	11.412	0.149	7	A	1		1.461	23.394	
20:0....g	0.428	0.005	7	A	1		0.055	0.878	
22:0....g	0.367	0.011	7	A	1		0.047	0.752	
24:0....g	0.052	0.018	7	A	1		0.007	0.106	
Fatty acids, total monounsaturated....g	41.186		0	NC	4		5.272	84.431	
14:1....g	0.000	0.000	7	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.021	0.011	7	JA	6		0.003	0.044	
17:1....g									
18:1 undifferentiated....g	41.076		0	AS	1		5.258	84.206	
18:1 c....g	30.309	0.703	7	A	1		3.880	62.133	
18:1-11c (18:1c n-7)....g									
18:1 t....g	10.767	1.005	7	A	1		1.378	22.073	
18:1-11t (18:1t n-7)....g									
20:1....g	0.088	0.038	7	A	1		0.011	0.181	
22:1 undifferentiated....g	0.000	0.000	7	JA	6		0.000	0.000	
24:1 c....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	28.097		0	NC	4		3.596	57.598	
18:2 undifferentiated....g	26.213		0	AS	1		3.355	53.737	
18:2 n-6 c,c....g	23.760	1.182	7	A	1		3.041	48.708	
18:2 CLAs....g	0.057	0.027	6	A	1		0.007	0.116	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.397	0.218	7	A	1		0.307	4.913	
18:2 t not further defined....g									
18:3 undifferentiated....g	1.883		0	AS	1		0.241	3.861	
18:3 n-3 c,c,c (ALA)....g	1.883	0.207	7	A	1		0.241	3.861	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	7	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	7	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	7	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total trans....g	13.164		0	NC	4		1.685	26.986	
Fatty acids, total trans-monoenoic....g	10.767		0	NC	4		1.378	22.073	
Fatty acids, total trans-polyenoic....g	2.397		0	NC	4		0.307	4.913	
Cholesterol....mg	0	0.000	6	A	1		0	0	
Phytosterols....mg									
Stigmasterol....mg	51	5.653	6	A	1		7	105	
Campesterol....mg	50	3.624	6	A	1		6	103	
Beta-sitosterol....mg	138	14.003	6	A	1		18	282	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				

NDB No. 04615
Shortening, vegetable, household, composite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0			Z	7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04670
USDA Commodity Food, oil, vegetable, low saturated fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	BFZN	4		120	1927	40
Energy	kJ	3699		0	BFZN	4		503	8063	166
Protein (N x 0)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	1	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	µg	0		0	BFZN	4		0	0	0
Folic acid	µg	0		0	BFZN	4		0	0	0
Folate, food	µg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	µg	0		0	BFZN	4		0	0	0
Carotene, beta	µg	0		0	BFZN	4		0	0	0
Carotene, alpha	µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.21		0	BFZN	4		1.25	20.09	0.41
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	197.6		0	BFZN	4		26.9	430.7	8.9
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	7.429		0	NC	4		1.010	16.196	0.334
4:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04670
USDA Commodity Food, oil, vegetable, low saturated fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		1	A	1		0.000	0.000	0.000
15:0 g									
16:0 g	4.172		1	A	1		0.567	9.094	0.188
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	3.183		1	A	1		0.433	6.939	0.143
20:0 g	0.037		1	A	1		0.005	0.081	0.002
22:0 g	0.037		1	A	1		0.005	0.081	0.002
24:0 g									
Fatty acids, total monounsaturated g	22.730		0	NC	4		3.091	49.552	1.023
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c g	0.000		1	A	1		0.000	0.000	0.000
16:1 t g									
17:1 g									
18:1 undifferentiated g	22.730		0	AS	1		3.091	49.552	1.023
18:1 c g	22.730		1	A	1		3.091	49.552	1.023
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	65.138		0	NC	4		8.859	142.001	2.931
18:2 undifferentiated g	57.733		0	AS	1		7.852	125.857	2.598
18:2 n-6 c,c g	56.601		1	A	1		7.698	123.390	2.547
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	1.131		1	A	1		0.154	2.466	0.051
18:2 t not further defined g									
18:3 undifferentiated g	7.406		0	A	1		1.007	16.144	0.333
18:3 n-3 c,c,c (ALA) g	5.960		1	A	1		0.810	12.992	0.268
18:3 n-6 c,c,c g									
18:3i g	1.446		1	A	1		0.197	3.152	0.065
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	2.577		0	NC	4		0.351	5.619	0.116
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	2.577		0	NC	4		0.351	5.619	0.116
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04670
USDA Commodity Food, oil, vegetable, low saturated fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04669
USDA Commodity Food, oil, vegetable, soybean, refined

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	BFZN	4		120	1927	40
Energy....kJ	3699		0	BFZN	4		503	8063	166
Protein (N x 0)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00	0.000	3	PAK	1		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	1	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....µg	0		0	BFZN	4		0	0	0
Folic acid....µg	0		0	BFZN	4		0	0	0
Folate, food....µg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....µg	0		0	BFZN	4		0	0	0
Carotene, beta....µg	0		0	BFZN	4		0	0	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18		0	BFZN	4		1.11	17.83	0.37
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	183.9		0	BFZN	4		25.0	400.9	8.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.251		0	NC	4		2.074	33.248	0.686
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 04669
USDA Commodity Food, oil, vegetable, soybean, refined

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.041	0.025	3	A	1		0.006	0.089	0.002
15:0 g									
16:0 g	10.657	0.095	3	A	1		1.449	23.231	0.480
17:0 g	0.047	0.031	3	A	1		0.006	0.103	0.002
18:0 g	4.003	0.161	3	A	1		0.544	8.726	0.180
20:0 g	0.242	0.103	3	A	1		0.033	0.528	0.011
22:0 g	0.262	0.113	3	A	1		0.036	0.571	0.012
24:0 g									
Fatty acids, total monounsaturated g	22.727		0	NC	4		3.091	49.544	1.023
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025		0	AS	1		0.003	0.054	0.001
16:1 c g	0.025	0.012	3	A	1		0.003	0.054	0.001
16:1 t g									
17:1 g									
18:1 undifferentiated g	22.571		0	AS	1		3.070	49.206	1.016
18:1 c g	22.571	0.484	3	A	1		3.070	49.206	1.016
18:1-11c (18:1c n-7) g									
18:1 t g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.131	0.047	3	A	1		0.018	0.285	0.006
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	57.333		0	NC	4		7.797	124.987	2.580
18:2 undifferentiated g	50.299		0	AS	1		6.841	109.652	2.263
18:2 n-6 c,c g	50.118	0.539	3	A	1		6.816	109.258	2.255
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.181	0.143	3	A	1		0.025	0.394	0.008
18:2 t not further defined g									
18:3 undifferentiated g	7.034		0	A	1		0.957	15.335	0.317
18:3 n-3 c,c,c (ALA) g	6.537	0.314	3	A	1		0.889	14.251	0.294
18:3 n-6 c,c,c g									
18:3i g	0.497	0.209	3	A	1		0.068	1.084	0.022
18:4 g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.678		0	NC	4		0.092	1.478	0.031
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.678		0	NC	4		0.092	1.478	0.031
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04669
USDA Commodity Food, oil, vegetable, soybean, refined

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 04513
Vegetable oil, palm kernel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	862		0	NC	4		117	1879	233
Energy	kJ	3607		0		4		490	7862	974
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		13.60	218.00	27.00
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		1		1		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	µg	0		0	Z	7		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.1
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	NR	4		0.52	8.31	1.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	24.7	5.831	69	JO	11		3.4	53.9	6.7
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	81.500		0		1		11.084	177.670	22.005
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.200		14		1		0.027	0.436	0.054
8:0....g	3.300		14		1		0.449	7.194	0.891
10:0....g	3.700		14		1		0.503	8.066	0.999
12:0....g	47.000		14		1		6.392	102.460	12.690
13:0....g									
14:0....g	16.400		14		1		2.230	35.752	4.428
15:0....g									
16:0....g	8.100		14		1		1.102	17.658	2.187
17:0....g									
18:0....g	2.800		14		1		0.381	6.104	0.756
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.400		0		1		1.550	24.852	3.078
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	11.400		14		1		1.550	24.852	3.078
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.600		0		1		0.218	3.488	0.432
18:2 undifferentiated....g	1.600		14		1		0.218	3.488	0.432
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg	95	0.000	14		1		13	207	26
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 27g: 2 tbsp (1/8 cup)

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 42151
Vegetable oil-butter spread, reduced calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.70		1		1		5.81	92.53	
Energy	kcal	465		0		4		60	963	
Energy	kJ	1946		0		4		253	4027	
Protein	g	0.00		0		8		0.00	0.00	
Total lipid (fat)	g	53.00		1		1		6.89	109.71	
Ash	g	2.30		0	NC	4		0.30	4.76	
Carbohydrate, by difference	g	0.00		1		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		1	12	
Iron, Fe	mg	0.04		0		4		0.01	0.08	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	10		0		4		1	21	
Potassium, K	mg	6		0		4		1	12	
Sodium, Na	mg	581		1		1		76	1203	
Zinc, Zn	mg	0.01		1		1		0.00	0.02	
Copper, Cu	mg	0.001		1		1		0.000	0.002	
Manganese, Mn	mg									
Selenium, Se	µg	0.5		0	RA	4		0.1	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.010		0		4		0.001	0.021	
Niacin	mg	0.010		0		4		0.001	0.021	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	µg	1		0		4		0	2	
Folic acid	µg	0		0	BFZN	4		0	0	
Folate, food	µg	1		0		4		0	2	
Folate, DFE	mcg_DFE	1		0	NC	4		0	2	
Choline, total	mg	6.5		0	BFZN	4		0.8	13.5	
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		106	1695	
Retinol	µg	768		0	BFZN	4		100	1590	
Carotene, beta	µg	610		0	BFZN	4		79	1263	
Carotene, alpha	µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	3577		0	NC	4		465	7404	
Lycopene	µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	9.20		0	NR	4		1.20	19.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	61.1		0	BFFN	4		7.9	126.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 42151
Vegetable oil-butter spread, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	17.880		0		4		2.324	37.012	
4:0....g	0.710		0		4		0.092	1.470	
6:0....g	0.460		0		4		0.060	0.952	
8:0....g	0.300		0		4		0.039	0.621	
10:0....g	0.660		0		4		0.086	1.366	
12:0....g	0.760		0		4		0.099	1.573	
13:0....g									
14:0....g	2.130		0		4		0.277	4.409	
15:0....g									
16:0....g	9.020		0		4		1.173	18.671	
17:0....g									
18:0....g	4.000		0		4		0.520	8.280	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	20.770		0		4		2.700	42.994	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		4		0.053	0.849	
17:1....g									
18:1 undifferentiated....g	20.160		0		4		2.621	41.731	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.150		0		4		1.450	23.081	
18:2 undifferentiated....g	10.690		0		4		1.390	22.128	
18:3 undifferentiated....g	0.460		0		4		0.060	0.952	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	54		1		1		7	112	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 207g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 24 (2011)