**NDB No. 43595**
**Breakfast bar, corn flake crust with fruit**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 14.50 | | 0 | MC | 9 | | 4.11 | | |
| Energy....kcal | 377 | | 0 | NC | 4 | | 107 | | |
| Energy....kJ | 1576 | | 0 | NC | 4 | | 447 | | |
| Protein....g | 4.40 | | 0 | MC | 9 | | 1.25 | | |
| Total lipid (fat)....g | 7.50 | | 0 | MC | 9 | | 2.13 | | |
| Ash....g | 0.80 | | 0 | MC | 9 | | 0.23 | | |
| Carbohydrate, by difference....g | 72.90 | | 0 | MC | 9 | | 20.67 | | |
| Fiber, total dietary....g | 2.1 | | 0 | MC | 9 | | 0.6 | | |
| Sugars, total....g | 35.10 | | 0 | T | 4 | | 9.95 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 41 | | 0 | MC | 9 | | 12 | | |
| Iron, Fe....mg | 4.86 | | 0 | MC | 9 | | 1.38 | | |
| Magnesium, Mg....mg | 27 | | 0 | MC | 9 | | 8 | | |
| Phosphorus, P....mg | 103 | | 0 | MC | 9 | | 29 | | |
| Potassium, K....mg | 197 | | 0 | MC | 9 | | 56 | | |
| Sodium, Na....mg | 167 | | 0 | MC | 9 | | 47 | | |
| Zinc, Zn....mg | 4.10 | | 0 | MC | 9 | | 1.16 | | |
| Copper, Cu....mg | 0.100 | | 0 | MC | 9 | | 0.028 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 15.0 | | 0 | FLM | 4 | | 4.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin....mg | 1.000 | | 0 | MC | 9 | | 0.284 | | |
| Riboflavin....mg | 1.100 | | 0 | MC | 9 | | 0.312 | | |
| Niacin....mg | 13.500 | | 0 | MC | 9 | | 3.827 | | |
| Pantothenic acid....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Vitamin B-6....mg | 1.400 | | 0 | MC | 9 | | 0.397 | | |
| Folate, total....µg | 108 | | 0 | MC | 9 | | 31 | | |
| Folic acid....µg | 95 | | 0 | O | 4 | | 27 | | |
| Folate, food....µg | 13 | | 0 | FLA | 4 | | 4 | | |
| Folate, DFE....mcg_DFE | 174 | | 0 | NC | 4 | | 49 | | |
| Choline, total....mg | 34.3 | | 0 | FLA | 4 | | 9.7 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 608 | | 0 | NC | 4 | | 172 | | |
| Retinol....µg | 608 | | 0 | O | 4 | | 172 | | |
| 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 | 2027 | | 0 | NC | 4 | | 575 | | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 40 | | 0 | FLA | 4 | | 11 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.76 | | 0 | FLA | 4 | | 0.22 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....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 | 13.8 | | 0 | FLA | 4 | | 3.9 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 43595**
**Breakfast bar, corn flake crust with fruit**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.500 | | 0 | MC | 9 | | 0.425 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.002 | | 0 | | 4 | | 0.001 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.860 | | 0 | | 4 | | 0.244 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.153 | | 0 | | 4 | | 0.043 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.000 | | 0 | MC | 9 | | 1.418 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.054 | | 0 | | 4 | | 0.015 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.977 | | 0 | | 4 | | 1.411 | | |
| 20:1....g | 0.023 | | 0 | | 4 | | 0.007 | | |
| 22:1 undifferentiated....g | 0.003 | | 0 | | 4 | | 0.001 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.900 | | 0 | MC | 9 | | 0.255 | | |
| 18:2 undifferentiated....g | 0.850 | | 0 | | 4 | | 0.241 | | |
| 18:3 undifferentiated....g | 0.056 | | 0 | | 4 | | 0.016 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 43100**
**Breakfast bars, oats, sugar, raisins, coconut (include granola bar)**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.10 | | 1 | | 1 | | | | 1.76 |
| Energy | kcal | 464 | | 0 | NC | 4 | | | | 200 |
| Energy | kJ | 1943 | | 0 | NC | 4 | | | | 836 |
| Protein | g | 9.80 | | 1 | | 1 | | | | 4.21 |
| Total lipid (fat) | g | 17.60 | | 1 | | 1 | | | | 7.57 |
| Ash | g | 1.80 | | 0 | NR | 4 | | | | 0.77 |
| Carbohydrate, by difference | g | 66.70 | | 0 | NC | 4 | | | | 28.68 |
| Fiber, total dietary | g | 3.1 | | 0 | | 4 | | | | 1.3 |
| Sugars, total | g | 27.52 | | 0 | FLA | 4 | | | | 11.84 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 60 | | 1 | | 1 | | | | 26 |
| Iron, Fe | mg | 3.18 | | 1 | | 1 | | | | 1.37 |
| Magnesium, Mg | mg | 101 | | 1 | | 1 | | | | 43 |
| Phosphorus, P | mg | 277 | | 1 | | 1 | | | | 119 |
| Potassium, K | mg | 326 | | 1 | | 1 | | | | 140 |
| Sodium, Na | mg | 251 | | 0 | O | 4 | | | | 108 |
| Zinc, Zn | mg | 1.60 | | 1 | | 1 | | | | 0.69 |
| Copper, Cu | mg | 0.360 | | 1 | | 1 | | | | 0.155 |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 16.0 | | 0 | FLM | 4 | | | | 6.9 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 0 | | 4 | | | | 0.4 |
| Thiamin | mg | 0.280 | | 1 | | 1 | | | | 0.120 |
| Riboflavin | mg | 0.110 | | 1 | | 1 | | | | 0.047 |
| Niacin | mg | 1.750 | | 0 | | 4 | | | | 0.753 |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.350 | | 0 | | 4 | | | | 0.151 |
| Folate, total | µg | 81 | | 0 | | 4 | | | | 35 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | | | 0 |
| Folate, food | µg | 81 | | 0 | | 4 | | | | 35 |
| Folate, DFE | mcg_DFE | 81 | | 0 | NC | 4 | | | | 35 |
| Choline, total | mg | 27.6 | | 0 | FLA | 4 | | | | 11.9 |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | O | 4 | | | | 0.00 |
| Vitamin B-12, added | µg | 0.00 | | 0 | O | 4 | | | | 0.00 |
| Vitamin A, RAE | mcg_RAE | 8 | | 0 | NC | 4 | | | | 3 |
| Retinol | µg | 0 | | 0 | Z | 7 | | | | 0 |
| Carotene, beta | µg | 91 | | 0 | FLA | 4 | | | | 39 |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | | | 0 |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | | | 0 |
| Vitamin A, IU | IU | 152 | | 0 | NC | 4 | | | | 65 |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | | | 0 |
| Lutein + zeaxanthin | µg | 107 | | 0 | FLA | 4 | | | | 46 |
| Vitamin E (alpha-tocopherol) | mg | 0.82 | | 0 | O | 4 | | | | 0.35 |
| Vitamin E, added | mg | 0.00 | | 0 | O | 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 | 15.9 | | 0 | FLA | 4 | | | | 6.8 |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 43100**

**Breakfast bars, oats, sugar, raisins, coconut (include granola bar)**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 12.690 | | 0 | | 4 | | | | 5.457 |
| 4:0....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| 6:0....g | 0.081 | | 0 | | 4 | | | | 0.035 |
| 8:0....g | 1.005 | | 0 | | 4 | | | | 0.432 |
| 10:0....g | 0.802 | | 0 | | 4 | | | | 0.345 |
| 12:0....g | 6.135 | | 0 | | 4 | | | | 2.638 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 2.357 | | 0 | | 4 | | | | 1.014 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.701 | | 0 | | 4 | | | | 0.731 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.562 | | 0 | | 4 | | | | 0.242 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.933 | | 0 | | 4 | | | | 0.831 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.007 | | 0 | | 4 | | | | 0.003 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.926 | | 0 | | 4 | | | | 0.828 |
| 20:1....g | 0.001 | | 0 | | 4 | | | | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.634 | | 0 | | 4 | | | | 0.703 |
| 18:2 undifferentiated....g | 1.574 | | 0 | | 4 | | | | 0.677 |
| 18:3 undifferentiated....g | 0.011 | | 0 | | 4 | | | | 0.005 |
| 18:4....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | | | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 7 | | | | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | 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 3 = 43g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19434**

**Cheese puffs and twists, corn based, baked, low fat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.00 | | 0 | | 8 | | 0.85 | | |
| Energy | kcal | 432 | | 0 | NC | 4 | | 123 | | |
| Energy | kJ | 1809 | | 0 | NC | 4 | | 513 | | |
| Protein | g | 8.50 | | 0 | | 8 | | 2.41 | | |
| Total lipid (fat) | g | 12.10 | | 0 | | 8 | | 3.43 | | |
| Ash | g | 4.05 | | 0 | FLA | 4 | | 1.15 | | |
| Carbohydrate, by difference | g | 72.35 | | 0 | NC | 4 | | 20.51 | | |
| Fiber, total dietary | g | 10.7 | | 0 | | 8 | | 3.0 | | |
| Sugars, total | g | 7.29 | | 0 | FLA | 4 | | 2.07 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 357 | | 0 | | 8 | | 101 | | |
| Iron, Fe | mg | 1.28 | | 0 | | 8 | | 0.36 | | |
| Magnesium, Mg | mg | 41 | | 0 | | 4 | | 12 | | |
| Phosphorus, P | mg | 357 | | 0 | | 4 | | 101 | | |
| Potassium, K | mg | 286 | | 0 | | 8 | | 81 | | |
| Sodium, Na | mg | 847 | | 0 | LC | 8 | | 240 | | |
| Zinc, Zn | mg | 2.14 | | 0 | | 8 | | 0.61 | | |
| Copper, Cu | mg | 0.085 | | 0 | | 4 | | 0.024 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 9.6 | | 0 | FLM | 4 | | 2.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 21.4 | | 0 | | 8 | | 6.1 | | |
| Thiamin | mg | 0.540 | | 0 | | 8 | | 0.153 | | |
| Riboflavin | mg | 0.610 | | 0 | | 8 | | 0.173 | | |
| Niacin | mg | 7.140 | | 0 | | 8 | | 2.024 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.710 | | 0 | | 8 | | 0.201 | | |
| Folate, total | µg | 97 | | 0 | FLM | 4 | | 27 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 97 | | 0 | FLM | 4 | | 27 | | |
| Folate, DFE | mcg_DFE | 97 | | 0 | NC | 4 | | 27 | | |
| Choline, total | mg | 13.7 | | 0 | FLA | 4 | | 3.9 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 2.14 | | 0 | | 8 | | 0.61 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 44 | | 0 | NC | 4 | | 13 | | |
| Retinol | µg | 38 | | 0 | FLA | 4 | | 11 | | |
| Carotene, beta | µg | 58 | | 0 | FLA | 4 | | 16 | | |
| Carotene, alpha | µg | 30 | | 0 | FLA | 4 | | 9 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 250 | | 0 | NC | 4 | | 71 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 643 | | 0 | FLA | 4 | | 182 | | |
| Vitamin E (alpha-tocopherol) | mg | 4.25 | | 0 | FLA | 4 | | 1.21 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | 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 | 1.1 | | 0 | FLA | 4 | | 0.3 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19434**

**Cheese puffs and twists, corn based, baked, low fat**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.100 | | 0 | | 4 | | 0.595 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.001 | | 0 | | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.033 | | 0 | | 4 | | 0.009 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.652 | | 0 | | 4 | | 0.468 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.414 | | 0 | | 4 | | 0.117 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.500 | | 0 | | 4 | | 0.992 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.026 | | 0 | | 4 | | 0.007 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.475 | | 0 | | 4 | | 0.985 | | |
| 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 | 5.740 | | 0 | | 4 | | 1.627 | | |
| 18:2 undifferentiated....g | 5.429 | | 0 | | 4 | | 1.539 | | |
| 18:3 undifferentiated....g | 0.314 | | 0 | | 4 | | 0.089 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 1 | | 0 | | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25021**
**Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE**
*LUNA BAR*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 9.38 | | 1 | A | 1 | | 4.50 | | |
| Energy....kcal | 403 | | 0 | NC | 4 | | 193 | | |
| Energy....kJ | 1685 | | 0 | NC | 4 | | 809 | | |
| Protein (N x 6.25)....g | 20.75 | | 1 | A | 1 | | 9.96 | | |
| Total lipid (fat)....g | 12.19 | | 1 | A | 1 | | 5.85 | | |
| Ash....g | 5.19 | | 1 | A | 1 | | 2.49 | | |
| Carbohydrate, by difference....g | 52.49 | | 0 | NC | 4 | | 25.20 | | |
| Fiber, total dietary....g | 4.3 | | 1 | A | 1 | | 2.1 | | |
| Sugars, total....g | 16.90 | | 1 | A | 1 | | 8.11 | | |
| Sucrose....g | 9.26 | | 1 | A | 1 | | 4.44 | | |
| Glucose (dextrose)....g | 1.05 | | 1 | A | 1 | | 0.50 | | |
| Fructose....g | 0.37 | | 1 | A | 1 | | 0.18 | | |
| Lactose....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Maltose....g | 6.22 | | 1 | A | 1 | | 2.99 | | |
| Galactose....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Starch....g | 10.50 | | 1 | A | 1 | | 5.04 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 886 | | 1 | A | 1 | | 425 | | |
| Iron, Fe....mg | 14.20 | | 1 | A | 1 | | 6.82 | | |
| Magnesium, Mg....mg | 329 | | 1 | A | 1 | | 158 | | |
| Phosphorus, P....mg | 785 | | 1 | A | 1 | | 377 | | |
| Potassium, K....mg | 412 | | 1 | A | 1 | | 198 | | |
| Sodium, Na....mg | 386 | | 1 | A | 1 | | 185 | | |
| Zinc, Zn....mg | 9.72 | | 1 | A | 1 | | 4.67 | | |
| Copper, Cu....mg | 1.410 | | 1 | A | 1 | | 0.677 | | |
| Manganese, Mn....mg | 2.590 | | 1 | A | 1 | | 1.243 | | |
| Selenium, Se....µg | 62.5 | | 1 | A | 1 | | 30.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 68.0 | | 1 | A | 1 | | 32.6 | | |
| Thiamin....mg | 0.120 | | 1 | A | 1 | | 0.058 | | |
| Riboflavin....mg | 3.000 | | 1 | A | 1 | | 1.440 | | |
| Niacin....mg | 37.100 | | 1 | A | 1 | | 17.808 | | |
| Pantothenic acid....mg | 15.900 | | 1 | A | 1 | | 7.632 | | |
| Vitamin B-6....mg | 2.400 | | 1 | A | 1 | | 1.152 | | |
| Folate, total....µg | 1057 | | 1 | A | 1 | | 507 | | |
| Folic acid....µg | 1023 | | 1 | A | 1 | | 491 | | |
| Folate, food....µg | 34 | | 0 | AS | 1 | | 16 | | |
| Folate, DFE....mcg_DFE | 1773 | | 0 | NC | 4 | | 851 | | |
| Choline, total....mg | 41.5 | | 0 | AS | 1 | | 19.9 | | |
| Betaine....mg | 1.7 | | 1 | A | 1 | | 0.8 | | |
| Vitamin B-12....µg | 6.40 | | 1 | A | 1 | | 3.07 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 374 | | 0 | NC | 4 | | 180 | | |
| Retinol....µg | 374 | | 0 | O | 4 | | 180 | | |
| Carotene, beta....µg | 2 | | 0 | FLC | 4 | | 1 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 1251 | | 0 | NC | 4 | | 600 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 28 | | 0 | FLC | 4 | | 14 | | |
| Vitamin E (alpha-tocopherol)....mg | 64.25 | | 1 | A | 1 | | 30.84 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | 0.02 | | 1 | A | 1 | | 0.01 | | |
| Tocopherol, gamma....mg | 1.20 | | 1 | A | 1 | | 0.58 | | |
| Tocopherol, delta....mg | 0.42 | | 1 | A | 1 | | 0.20 | | |
| Vitamin D (D2 + D3)....µg | 3.1 | | 0 | LC | 8 | | 1.5 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25021**
**Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 125 | | 0 | LC | 8 | | 60 | | |
| Vitamin K (phylloquinone).....µg | 40.8 | | 1 | A | 1 | | 19.6 | | |
| Dihydrophylloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.523 | | 0 | NC | 4 | | 2.651 | | |
| 4:0.....g | 0.009 | | 1 | A | 1 | | 0.004 | | |
| 6:0.....g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 8:0.....g | 0.084 | | 1 | A | 1 | | 0.040 | | |
| 10:0.....g | 0.148 | | 1 | A | 1 | | 0.071 | | |
| 12:0.....g | 2.272 | | 1 | A | 1 | | 1.091 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.900 | | 1 | A | 1 | | 0.432 | | |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:0.....g | 1.267 | | 1 | A | 1 | | 0.608 | | |
| 17:0.....g | 0.009 | | 1 | A | 1 | | 0.004 | | |
| 18:0.....g | 0.512 | | 1 | A | 1 | | 0.246 | | |
| 20:0.....g | 0.081 | | 1 | A | 1 | | 0.039 | | |
| 22:0.....g | 0.155 | | 1 | A | 1 | | 0.074 | | |
| 24:0.....g | 0.082 | | 1 | A | 1 | | 0.039 | | |
| Fatty acids, total monounsaturated.....g | 2.933 | | 0 | NC | 4 | | 1.408 | | |
| 14:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.012 | | 0 | AS | 1 | | 0.006 | | |
| 16:1 c.....g | 0.012 | | 1 | A | 1 | | 0.006 | | |
| 16:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.003 | | 1 | A | 1 | | 0.001 | | |
| 18:1 undifferentiated.....g | 2.840 | | 0 | AS | 1 | | 1.363 | | |
| 18:1 c.....g | 2.835 | | 1 | A | 1 | | 1.361 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.071 | | 1 | A | 1 | | 0.034 | | |
| 22:1 undifferentiated.....g | 0.007 | | 0 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.007 | | 1 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 2.714 | | 0 | NC | 4 | | 1.303 | | |
| 18:2 undifferentiated.....g | 2.582 | | 0 | AS | 1 | | 1.239 | | |
| 18:2 n-6 c,c.....g | 2.575 | | 1 | A | 1 | | 1.236 | | |
| 18:2 CLAs.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.007 | | 1 | A | 1 | | 0.003 | | |
| 18:3 undifferentiated.....g | 0.124 | | 0 | AS | 1 | | 0.059 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.124 | | 1 | A | 1 | | 0.059 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 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 | 0.006 | | 1 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

**NDB No. 25021**
**Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.012 | | 0 | NC | 4 | | 0.006 | | |
| Fatty acids, total trans-monoenoic....g | 0.005 | | 0 | NC | 4 | | 0.002 | | |
| Fatty acids, total trans-polyenoic....g | 0.007 | | 0 | NC | 4 | | 0.003 | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.330 | | 0 | A | 1 | | 0.158 | | |
| Threonine....g | 0.790 | | 0 | A | 1 | | 0.379 | | |
| Isoleucine....g | 0.950 | | 0 | A | 1 | | 0.456 | | |
| Leucine....g | 1.650 | | 0 | A | 1 | | 0.792 | | |
| Lysine....g | 1.020 | | 0 | A | 1 | | 0.490 | | |
| Methionine....g | 0.260 | | 0 | A | 1 | | 0.125 | | |
| Cystine....g | 0.250 | | 0 | A | 1 | | 0.120 | | |
| Phenylalanine....g | 1.110 | | 0 | A | 1 | | 0.533 | | |
| Tyrosine....g | 0.670 | | 0 | A | 1 | | 0.322 | | |
| Valine....g | 0.930 | | 0 | A | 1 | | 0.446 | | |
| Arginine....g | 1.700 | | 0 | A | 1 | | 0.816 | | |
| Histidine....g | 0.500 | | 0 | A | 1 | | 0.240 | | |
| Alanine....g | 0.990 | | 0 | A | 1 | | 0.475 | | |
| Aspartic acid....g | 2.530 | | 0 | A | 1 | | 1.214 | | |
| Glutamic acid....g | 4.180 | | 0 | A | 1 | | 2.006 | | |
| Glycine....g | 0.990 | | 0 | A | 1 | | 0.475 | | |
| Proline....g | 1.630 | | 0 | A | 1 | | 0.782 | | |
| Serine....g | 1.190 | | 0 | A | 1 | | 0.571 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 7 | | 0 | FLC | 4 | | 4 | | |
| Theobromine....mg | 67 | | 0 | FLC | 4 | | 32 | | |

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

**Common Measures:**

Measure 1 = 48g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25010**
**Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 22.90 | | 0 | FLM | 4 | | 5.04 | | |
| Energy....kcal | 347 | | 0 | T | 4 | | 76 | | |
| Energy....kJ | 1452 | | 0 | T | 4 | | 319 | | |
| Protein....g | 7.72 | | 1 | MA | 12 | | 1.70 | | |
| Total lipid (fat)....g | 14.19 | | 1 | MA | 12 | | 3.12 | | |
| Ash....g | 3.00 | | 0 | MA | 12 | | 0.66 | | |
| Carbohydrate, by difference....g | 51.68 | | 1 | MA | 12 | | 11.37 | | |
| Fiber, total dietary....g | 5.2 | | 1 | MA | 12 | | 1.1 | | |
| Sugars, total....g | 27.03 | | 1 | MA | 12 | | 5.95 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1209 | | 1 | MA | 12 | | 266 | | |
| Iron, Fe....mg | 2.21 | | 1 | MA | 12 | | 0.49 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 260 | | 1 | MA | 12 | | 57 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 42.5 | | 1 | MA | 12 | | 9.3 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.909 | | 1 | LC | 8 | | 0.200 | | |
| Folate, total....µg | 182 | | 1 | LC | 8 | | 40 | | |
| Folic acid....µg | 182 | | 0 | LC | 8 | | 40 | | |
| Folate, food....µg | 0 | | 0 | LC | 8 | | 0 | | |
| Folate, DFE....mcg_DFE | 309 | | 0 | NC | 4 | | 68 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.73 | | 1 | LC | 8 | | 0.60 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....µg | | | | | | | | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 32 | | 1 | MA | 12 | | 7 | | |
| 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 | 4.326 | | 1 | MA | 12 | | 0.952 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |

**NDB No. 25010**

**Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total trans.....g | 0.037 | | 1 | MA | 12 | | 0.008 | | |
| Cholesterol.....mg | 2 | | 0 | T | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 22g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25018**

**Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 20.10 | | 0 | FLM | 4 | | 4.42 | | |
| Energy | kcal | 325 | | 0 | MA | 12 | | 72 | | |
| Energy | kJ | 1360 | | 0 | MA | 12 | | 299 | | |
| Protein | g | 6.21 | | 1 | MA | 12 | | 1.37 | | |
| Total lipid (fat) | g | 9.27 | | 1 | MA | 12 | | 2.04 | | |
| Ash | g | 5.00 | | 0 | FLM | 4 | | 1.10 | | |
| Carbohydrate, by difference | g | 57.87 | | 0 | MA | 12 | | 12.73 | | |
| Fiber, total dietary | g | 4.6 | | 1 | MA | 12 | | 1.0 | | |
| Sugars, total | g | 33.40 | | 1 | MA | 12 | | 7.35 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1207 | | 1 | MA | 12 | | 266 | | |
| Iron, Fe | mg | 1.88 | | 1 | MA | 12 | | 0.41 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 260 | | 1 | MA | 12 | | 57 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 42.4 | | 1 | MA | 12 | | 9.3 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 1.364 | | 1 | LC | 8 | | 0.300 | | |
| Folate, total | µg | 273 | | 1 | LC | 8 | | 60 | | |
| Folic acid | µg | 273 | | 0 | LC | 8 | | 60 | | |
| Folate, food | µg | 0 | | 0 | LC | 8 | | 0 | | |
| Folate, DFE | mcg_DFE | 464 | | 0 | NC | 4 | | 102 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 4.09 | | 1 | LC | 8 | | 0.90 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 32 | | 1 | MA | 12 | | 7 | | |
| 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 | 3.870 | | 1 | MA | 12 | | 0.851 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |

**NDB No. 25018**

**Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total trans.....g | 0.037 | | 1 | MA | 12 | | 0.008 | | |
| Cholesterol.....mg | 2 | | 1 | MA | 12 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 22g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25005**
**Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.99 | | 0 | FLM | 4 | | 4.39 | | |
| Energy | kcal | 422 | | 0 | NC | 4 | | 232 | | |
| Energy | kJ | 1764 | | 0 | NC | 4 | | 970 | | |
| Protein | g | 18.49 | | 1 | MA | 12 | | 10.17 | | |
| Total lipid (fat) | g | 13.18 | | 1 | MA | 12 | | 7.25 | | |
| Ash | g | 3.07 | | 0 | FLM | 4 | | 1.69 | | |
| Carbohydrate, by difference | g | 57.27 | | 0 | NC | 4 | | 31.50 | | |
| Fiber, total dietary | g | 2.8 | | 1 | MA | 12 | | 1.5 | | |
| Sugars, total | g | 33.04 | | 1 | MA | 12 | | 18.17 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 953 | | 1 | MA | 12 | | 524 | | |
| Iron, Fe | mg | 14.67 | | 1 | MA | 12 | | 8.07 | | |
| Magnesium, Mg | mg | 255 | | 1 | LC | 8 | | 140 | | |
| Phosphorus, P | mg | 455 | | 1 | LC | 8 | | 250 | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 418 | | 1 | MA | 12 | | 230 | | |
| Zinc, Zn | mg | 9.55 | | 1 | LC | 8 | | 5.25 | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 144.3 | | 1 | MA | 12 | | 79.4 | | |
| Thiamin | mg | 2.727 | | 1 | LC | 8 | | 1.500 | | |
| Riboflavin | mg | 3.091 | | 1 | LC | 8 | | 1.700 | | |
| Niacin | mg | 36.364 | | 1 | LC | 8 | | 20.000 | | |
| Pantothenic acid | mg | 18.182 | | 1 | LC | 8 | | 10.000 | | |
| Vitamin B-6 | mg | 3.636 | | 1 | LC | 8 | | 2.000 | | |
| Folate, total | µg | 727 | | 1 | LC | 8 | | 400 | | |
| Folic acid | µg | 727 | | 1 | LC | 8 | | 400 | | |
| Folate, food | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 1236 | | 0 | NC | 4 | | 680 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 10.91 | | 1 | LC | 8 | | 6.00 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 3182 | | 0 | MA | 12 | | 1750 | | |
| Lycopene | µg | | | | | | | | | |
| Lutein + zeaxanthin | µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 24.57 | | 0 | NR | 4 | | 13.51 | | |
| 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 | 4.794 | | 1 | MA | 12 | | 2.637 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |

**NDB No. 25005**

**Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | 0.197 | | 1 | MA | 12 | | 0.108 | | |
| Cholesterol.....mg | 3 | | 1 | MA | 12 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 55g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25015**

**Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.00 | | 0 | O | 4 | | 7.20 | | |
| Energy | kcal | 415 | | 0 | NC | 4 | | 332 | | |
| Energy | kJ | 1734 | | 0 | NC | 4 | | 1387 | | |
| Protein (N x 6.25) | g | 25.00 | | 1 | LC | 8 | | 20.00 | | |
| Total lipid (fat) | g | 12.50 | | 1 | LC | 8 | | 10.00 | | |
| Ash | g | 3.00 | | 0 | O | 4 | | 2.40 | | |
| Carbohydrate, by difference | g | 50.50 | | 0 | NC | 4 | | 40.40 | | |
| Fiber, total dietary | g | 12.5 | | 1 | LC | 8 | | 10.0 | | |
| Sugars, total | g | 28.75 | | 1 | LC | 8 | | 23.00 | | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 625 | | 1 | LC | 8 | | 500 | | |
| Iron, Fe | mg | 10.13 | | 1 | LC | 8 | | 8.10 | | |
| Magnesium, Mg | mg | 175 | | 1 | LC | 8 | | 140 | | |
| Phosphorus, P | mg | 375 | | 1 | LC | 8 | | 300 | | |
| Potassium, K | mg | 188 | | 1 | LC | 8 | | 150 | | |
| Sodium, Na | mg | 238 | | 1 | LC | 8 | | 190 | | |
| Zinc, Zn | mg | 6.56 | | 1 | LC | 8 | | 5.25 | | |
| Copper, Cu | mg | 0.977 | | 0 | FLC | 4 | | 0.782 | | |
| Manganese, Mn | mg | 1.322 | | 0 | FLC | 4 | | 1.058 | | |
| Selenium, Se | µg | 3.9 | | 0 | FLC | 4 | | 3.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 75.0 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin | mg | 1.875 | | 1 | LC | 8 | | 1.500 | | |
| Riboflavin | mg | 2.125 | | 1 | LC | 8 | | 1.700 | | |
| Niacin | mg | 25.000 | | 1 | LC | 8 | | 20.000 | | |
| Pantothenic acid | mg | 12.500 | | 1 | LC | 8 | | 10.000 | | |
| Vitamin B-6 | mg | 2.500 | | 1 | LC | 8 | | 2.000 | | |
| Folate, total | µg | 500 | | 1 | LC | 8 | | 400 | | |
| Folic acid | µg | 500 | | 0 | O | 4 | | 400 | | |
| Folate, food | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE | mcg_DFE | 850 | | 0 | NC | 4 | | 680 | | |
| Choline, total | mg | 1.7 | | 0 | FLC | 4 | | 1.4 | | |
| Betaine | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin B-12 | µg | 7.50 | | 1 | LC | 8 | | 6.00 | | |
| Vitamin B-12, added | µg | 7.40 | | 0 | O | 4 | | 5.92 | | |
| Vitamin A, RAE | mcg_RAE | 652 | | 0 | NC | 4 | | 521 | | |
| Retinol | µg | 651 | | 0 | O | 4 | | 521 | | |
| Carotene, beta | µg | 10 | | 0 | FLC | 4 | | 8 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 2188 | | 1 | LC | 8 | | 1750 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 16.88 | | 1 | LC | 8 | | 13.50 | | |
| Vitamin E, added | mg | 16.00 | | 0 | O | 4 | | 12.80 | | |
| Tocopherol, beta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, delta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin D (D2 + D3) | µg | 3.8 | | 0 | NR | 4 | | 3.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 25015**

**Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 150 | | 1 | LC | 8 | | 120 | | |
| Vitamin K (phylloquinone)....µg | 10.4 | | 0 | FLC | 4 | | 8.3 | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.250 | | 1 | LC | 8 | | 5.000 | | |
| 4:0....g | 0.074 | | 0 | FLC | 4 | | 0.059 | | |
| 6:0....g | 0.026 | | 0 | FLC | 4 | | 0.021 | | |
| 8:0....g | 0.016 | | 0 | FLC | 4 | | 0.013 | | |
| 10:0....g | 0.030 | | 0 | FLC | 4 | | 0.024 | | |
| 12:0....g | 0.031 | | 0 | FLC | 4 | | 0.025 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.124 | | 0 | FLC | 4 | | 0.099 | | |
| 15:0....g | 0.009 | | 0 | FLC | 4 | | 0.007 | | |
| 16:0....g | 1.564 | | 0 | FLC | 4 | | 1.251 | | |
| 17:0....g | 0.009 | | 0 | FLC | 4 | | 0.007 | | |
| 18:0....g | 1.008 | | 0 | FLC | 4 | | 0.807 | | |
| 20:0....g | 0.023 | | 0 | FLC | 4 | | 0.018 | | |
| 22:0....g | 0.002 | | 0 | FLC | 4 | | 0.002 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 2.645 | | 0 | FLC | 4 | | 2.116 | | |
| 14:1....g | 0.009 | | 0 | FLC | 4 | | 0.007 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.038 | | 0 | FLC | 4 | | 0.031 | | |
| 17:1....g | 0.002 | | 0 | FLC | 4 | | 0.002 | | |
| 18:1 undifferentiated....g | 2.572 | | 0 | FLC | 4 | | 2.058 | | |
| 20:1....g | 0.023 | | 0 | FLC | 4 | | 0.018 | | |
| 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 | 2.892 | | 0 | FLC | 4 | | 2.314 | | |
| 18:2 undifferentiated....g | 2.671 | | 0 | FLC | 4 | | 2.137 | | |
| 18:3 undifferentiated....g | 0.220 | | 0 | FLC | 4 | | 0.176 | | |
| 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 | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| 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 | | 1 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 6 | | 1 | FLC | 4 | | 5 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.314 | | 0 | FLC | 4 | | 0.251 | | |
| Threonine....g | 0.956 | | 0 | FLC | 4 | | 0.765 | | |
| Isoleucine....g | 1.156 | | 0 | FLC | 4 | | 0.925 | | |
| Leucine....g | 1.937 | | 0 | FLC | 4 | | 1.550 | | |
| Lysine....g | 1.414 | | 0 | FLC | 4 | | 1.131 | | |
| Methionine....g | 0.345 | | 0 | FLC | 4 | | 0.276 | | |
| Cystine....g | 0.332 | | 0 | FLC | 4 | | 0.266 | | |
| Phenylalanine....g | 1.337 | | 0 | FLC | 4 | | 1.070 | | |
| Tyrosine....g | 0.997 | | 0 | FLC | 4 | | 0.797 | | |
| Valine....g | 1.208 | | 0 | FLC | 4 | | 0.967 | | |
| Arginine....g | 2.257 | | 0 | FLC | 4 | | 1.805 | | |
| Histidine....g | 0.671 | | 0 | FLC | 4 | | 0.537 | | |
| Alanine....g | 1.067 | | 0 | FLC | 4 | | 0.853 | | |
| Aspartic acid....g | 3.032 | | 0 | FLC | 4 | | 2.425 | | |
| Glutamic acid....g | 5.185 | | 0 | FLC | 4 | | 4.148 | | |
| Glycine....g | 1.209 | | 0 | FLC | 4 | | 0.967 | | |
| Proline....g | 1.424 | | 0 | FLC | 4 | | 1.139 | | |
| Serine....g | 1.352 | | 0 | FLC | 4 | | 1.081 | | |

**NDB No. 25015**

**Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Hydroxyproline.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 3 | | 0 | FLC | 4 | | 2 | | |
| Theobromine.....mg | 28 | | 0 | FLC | 4 | | 22 | | |

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

**Common Measures:**

Measure 1 = 80g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25004**
**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 12.90 | | 0 | FLM | 4 | | 7.10 | | |
| Energy....kcal | 396 | | 0 | MA | 12 | | 218 | | |
| Energy....kJ | 1657 | | 0 | NR | 4 | | 911 | | |
| Protein....g | 24.29 | | 1 | MA | 12 | | 13.36 | | |
| Total lipid (fat)....g | 13.12 | | 1 | MA | 12 | | 7.21 | | |
| Ash....g | 3.00 | | 0 | FLM | 4 | | 1.65 | | |
| Carbohydrate, by difference....g | 47.24 | | 1 | MA | 12 | | 25.98 | | |
| Fiber, total dietary....g | 2.5 | | 1 | MA | 12 | | 1.4 | | |
| Sugars, total....g | 32.86 | | 1 | MA | 12 | | 18.07 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 965 | | 1 | MA | 12 | | 531 | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | 255 | | 1 | LC | 8 | | 140 | | |
| Phosphorus, P....mg | 455 | | 1 | LC | 8 | | 250 | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 462 | | 1 | MA | 12 | | 254 | | |
| Zinc, Zn....mg | 9.55 | | 1 | LC | 8 | | 5.25 | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 144.4 | | 1 | MA | 12 | | 79.4 | | |
| Thiamin....mg | 2.727 | | 1 | LC | 8 | | 1.500 | | |
| Riboflavin....mg | 3.091 | | 1 | LC | 8 | | 1.700 | | |
| Niacin....mg | 36.364 | | 1 | LC | 8 | | 20.000 | | |
| Pantothenic acid....mg | 18.182 | | 1 | LC | 8 | | 10.000 | | |
| Vitamin B-6....mg | 3.636 | | 1 | LC | 8 | | 2.000 | | |
| Folate, total....µg | 727 | | 1 | LC | 8 | | 400 | | |
| Folic acid....µg | 727 | | 0 | LC | 8 | | 400 | | |
| Folate, food....µg | 0 | | 0 | LC | 8 | | 0 | | |
| Folate, DFE....mcg_DFE | 1236 | | 0 | NC | 4 | | 680 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 10.91 | | 1 | LC | 8 | | 6.00 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....µg | | | | | | | | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 3637 | | 1 | MA | 12 | | 2000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 24.55 | | 0 | NR | 4 | | 13.50 | | |
| 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 | 4.728 | | 1 | MA | 12 | | 2.600 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |

**NDB No. 25004**

**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | 0.204 | | 1 | MA | 12 | | 0.112 | | |
| Cholesterol.....mg | 4 | | 1 | MA | 12 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 55g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25006**
**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 14.00 | | 1 | FLM | 4 | | 7.70 | | |
| Energy....kcal | 343 | | 0 | MA | 12 | | 189 | | |
| Energy....kJ | 1435 | | 0 | MA | 12 | | 789 | | |
| Protein....g | 22.35 | | 1 | MA | 12 | | 12.29 | | |
| Total lipid (fat)....g | 8.99 | | 1 | MA | 12 | | 4.94 | | |
| Ash....g | 3.00 | | 1 | FLM | 4 | | 1.65 | | |
| Carbohydrate, by difference....g | 52.47 | | 0 | MA | 12 | | 28.86 | | |
| Fiber, total dietary....g | 10.5 | | 1 | MA | 12 | | 5.8 | | |
| Sugars, total....g | 22.67 | | 1 | MA | 12 | | 12.47 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1495 | | 0 | MA | 12 | | 822 | | |
| Iron, Fe....mg | 17.95 | | 1 | MA | 12 | | 9.87 | | |
| Magnesium, Mg....mg | 317 | | 1 | MA | 12 | | 174 | | |
| Phosphorus, P....mg | 566 | | 1 | MA | 12 | | 311 | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 333 | | 1 | MA | 12 | | 183 | | |
| Zinc, Zn....mg | 13.57 | | 1 | MA | 12 | | 7.47 | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 176.2 | | 0 | MA | 12 | | 96.9 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | 45.249 | | 1 | MA | 12 | | 24.887 | | |
| Pantothenic acid....mg | 22.624 | | 1 | FLM | 4 | | 12.443 | | |
| Vitamin B-6....mg | 4.525 | | 1 | FLM | 4 | | 2.489 | | |
| Folate, total....µg | 905 | | 1 | FLM | 4 | | 498 | | |
| Folic acid....µg | 905 | | 0 | LC | 8 | | 498 | | |
| Folate, food....µg | 0 | | 0 | NR | 4 | | 0 | | |
| Folate, DFE....mcg_DFE | 1538 | | 0 | NC | 4 | | 846 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 13.57 | | 1 | FLM | 4 | | 7.47 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....µg | | | | | | | | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 4445 | | 1 | FLM | 4 | | 2445 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 30.50 | | 0 | T | 4 | | 16.78 | | |
| 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 | 4.847 | | 1 | FLM | 4 | | 2.666 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |

**NDB No. 25006**

**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | 0.103 | | 1 | FLM | 4 | | 0.057 | | |
| Cholesterol.....mg | 4 | | 1 | FLM | 4 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 55g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25016**
**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all 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 | 14.00 | | 1 | FLM | 4 | | 7.70 | 6.16 | |
| Energy....kcal | 386 | | 0 | NC | 4 | | 212 | 170 | |
| Energy....kJ | 1615 | | 0 | NC | 4 | | 888 | 711 | |
| Protein....g | 21.91 | 1.220 | 4 | MA | 12 | | 12.05 | 9.64 | |
| Total lipid (fat)....g | 10.79 | 1.382 | 4 | MA | 12 | | 5.93 | 4.75 | |
| Ash....g | 3.00 | | 2 | FLM | 4 | | 1.65 | 1.32 | |
| Carbohydrate, by difference....g | 50.30 | | 0 | NC | 4 | | 27.67 | 22.13 | |
| Fiber, total dietary....g | 6.7 | 2.340 | 4 | MA | 12 | | 3.7 | 2.9 | |
| Sugars, total....g | 28.71 | 2.557 | 4 | MA | 12 | | 15.79 | 12.63 | |
| Sucrose....g | 14.27 | | 0 | FLA | 4 | | 7.85 | 6.28 | |
| Glucose (dextrose)....g | 8.61 | | 0 | FLA | 4 | | 4.73 | 3.79 | |
| Fructose....g | 0.48 | | 0 | FLA | 4 | | 0.26 | 0.21 | |
| Lactose....g | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Maltose....g | 5.35 | | 0 | FLA | 4 | | 2.94 | 2.35 | |
| Galactose....g | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 754 | 205.232 | 3 | MA | 12 | | 415 | 332 | |
| Iron, Fe....mg | 16.31 | | 2 | MA | 12 | | 8.97 | 7.18 | |
| Magnesium, Mg....mg | 317 | | 1 | MA | 12 | | 174 | 139 | |
| Phosphorus, P....mg | 455 | | 1 | LC | 8 | | 250 | 200 | |
| Potassium, K....mg | 351 | | 0 | FLA | 4 | | 193 | 155 | |
| Sodium, Na....mg | 383 | 34.415 | 4 | MA | 12 | | 210 | 168 | |
| Zinc, Zn....mg | 11.88 | | 1 | LC | 8 | | 6.53 | 5.23 | |
| Copper, Cu....mg | 0.452 | | 1 | LC | 8 | | 0.249 | 0.199 | |
| Manganese, Mn....mg | 1.058 | | 0 | FLA | 4 | | 0.582 | 0.465 | |
| Selenium, Se....µg | 4.5 | | 0 | FLA | 4 | | 2.5 | 2.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 489.9 | 334.982 | 4 | MA | 12 | | 269.5 | 215.6 | |
| Thiamin....mg | 2.949 | 0.222 | 3 | LC | 8 | | 1.622 | 1.298 | |
| Riboflavin....mg | 3.343 | 0.252 | 3 | LC | 8 | | 1.838 | 1.471 | |
| Niacin....mg | 45.249 | | 1 | MA | 12 | | 24.887 | 19.910 | |
| Pantothenic acid....mg | 22.624 | | 1 | LC | 8 | | 12.443 | 9.955 | |
| Vitamin B-6....mg | 4.525 | | 1 | LC | 8 | | 2.489 | 1.991 | |
| Folate, total....µg | 816 | | 2 | LC | 8 | | 449 | 359 | |
| Folic acid....µg | 408 | | 0 | NR | 4 | | 224 | 180 | |
| Folate, food....µg | 408 | | 2 | LC | 8 | | 224 | 180 | |
| Folate, DFE....mcg_DFE | 1102 | | 0 | NC | 4 | | 606 | 485 | |
| Choline, total....mg | 18.0 | | 0 | FLA | 4 | | 9.9 | 7.9 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 12.24 | | 2 | LC | 8 | | 6.73 | 5.39 | |
| Vitamin B-12, added....µg | 12.04 | | 0 | NR | 4 | | 6.62 | 5.30 | |
| Vitamin A, RAE....mcg_RAE | 62 | | 0 | NC | 4 | | 34 | 27 | |
| Retinol....µg | 62 | | 0 | FLA | 4 | | 34 | 27 | |
| 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 | 209 | | 0 | NC | 4 | | 115 | 92 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 27.53 | | 0 | O | 4 | | 15.14 | 12.11 | |
| Vitamin E, added....mg | 27.53 | | 0 | NR | 4 | | 15.14 | 12.11 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 4.5 | | 1 | LC | 8 | | 2.5 | 2.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25016**

**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 181 | | 1 | LC | 8 | | 100 | 80 | |
| Vitamin K (phylloquinone)....µg | 1.8 | | 0 | FLA | 4 | | 1.0 | 0.8 | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.753 | | 0 | NC | 4 | | 2.614 | 2.091 | |
| 4:0....g | 0.145 | | 0 | FLA | 4 | | 0.080 | 0.064 | |
| 6:0....g | 0.052 | | 0 | FLA | 4 | | 0.028 | 0.023 | |
| 8:0....g | 0.030 | | 0 | FLA | 4 | | 0.017 | 0.013 | |
| 10:0....g | 0.058 | | 0 | FLA | 4 | | 0.032 | 0.025 | |
| 12:0....g | 0.062 | | 0 | FLA | 4 | | 0.034 | 0.027 | |
| 13:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 14:0....g | 0.208 | | 0 | FLA | 4 | | 0.115 | 0.092 | |
| 15:0....g | 0.019 | | 0 | FLA | 4 | | 0.010 | 0.008 | |
| 16:0....g | 2.287 | | 0 | FLA | 4 | | 1.258 | 1.006 | |
| 17:0....g | 0.018 | | 0 | FLA | 4 | | 0.010 | 0.008 | |
| 18:0....g | 1.822 | | 0 | FLA | 4 | | 1.002 | 0.802 | |
| 20:0....g | 0.048 | | 0 | FLA | 4 | | 0.026 | 0.021 | |
| 22:0....g | 0.005 | | 0 | FLA | 4 | | 0.003 | 0.002 | |
| 24:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 3.920 | | 0 | NC | 4 | | 2.156 | 1.725 | |
| 14:1....g | 0.018 | | 0 | FLA | 4 | | 0.010 | 0.008 | |
| 15:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.046 | | 0 | FLA | 4 | | 0.025 | 0.020 | |
| 17:1....g | 0.005 | | 0 | FLA | 4 | | 0.003 | 0.002 | |
| 18:1 undifferentiated....g | 3.802 | | 0 | FLA | 4 | | 2.091 | 1.673 | |
| 20:1....g | 0.049 | | 0 | FLA | 4 | | 0.027 | 0.022 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 1.917 | | 0 | NC | 4 | | 1.054 | 0.843 | |
| 18:2 undifferentiated....g | 1.882 | | 0 | FLA | 4 | | 1.035 | 0.828 | |
| 18:3 undifferentiated....g | 0.034 | | 0 | FLA | 4 | | 0.019 | 0.015 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.151 | 0.050 | 3 | MA | 12 | | 0.083 | 0.066 | |
| Cholesterol....mg | 4 | | 1 | MA | 12 | | 2 | 2 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.221 | | 0 | FLA | 4 | | 0.122 | 0.097 | |
| Threonine....g | 0.682 | | 0 | FLA | 4 | | 0.375 | 0.300 | |
| Isoleucine....g | 0.833 | | 0 | FLA | 4 | | 0.458 | 0.366 | |
| Leucine....g | 1.405 | | 0 | FLA | 4 | | 0.773 | 0.618 | |
| Lysine....g | 0.972 | | 0 | FLA | 4 | | 0.535 | 0.428 | |
| Methionine....g | 0.266 | | 0 | FLA | 4 | | 0.146 | 0.117 | |
| Cystine....g | 0.236 | | 0 | FLA | 4 | | 0.130 | 0.104 | |
| Phenylalanine....g | 0.976 | | 0 | FLA | 4 | | 0.537 | 0.429 | |
| Tyrosine....g | 0.736 | | 0 | FLA | 4 | | 0.405 | 0.324 | |
| Valine....g | 0.898 | | 0 | FLA | 4 | | 0.494 | 0.395 | |
| Arginine....g | 1.669 | | 0 | FLA | 4 | | 0.918 | 0.735 | |
| Histidine....g | 0.485 | | 0 | FLA | 4 | | 0.267 | 0.213 | |
| Alanine....g | 0.764 | | 0 | FLA | 4 | | 0.420 | 0.336 | |
| Aspartic acid....g | 2.175 | | 0 | FLA | 4 | | 1.196 | 0.957 | |
| Glutamic acid....g | 3.827 | | 0 | FLA | 4 | | 2.105 | 1.684 | |
| Glycine....g | 0.881 | | 0 | FLA | 4 | | 0.484 | 0.388 | |
| Proline....g | 1.061 | | 0 | FLA | 4 | | 0.584 | 0.467 | |
| Serine....g | 0.967 | | 0 | FLA | 4 | | 0.532 | 0.426 | |

**NDB No. 25016**

**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Hydroxyproline.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 6 | | 0 | FLA | 4 | | 3 | 2 | |
| Theobromine.....mg | 57 | | 0 | FLA | 4 | | 31 | 25 | |

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

**Common Measures:**

Measure 1 = 55g: 1 bar

Measure 2 = 44g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25008**
**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 9.50 | | 0 | FLM | 4 | | 5.23 | | |
| Energy....kcal | 378 | | 0 | NC | 4 | | 208 | | |
| Energy....kJ | 1582 | | 0 | NC | 4 | | 870 | | |
| Protein....g | 22.50 | | 1 | MA | 12 | | 12.38 | | |
| Total lipid (fat)....g | 7.87 | | 0 | MA | 12 | | 4.33 | | |
| Ash....g | 5.00 | | 0 | FLM | 4 | | 2.75 | | |
| Carbohydrate, by difference....g | 54.30 | | 0 | MA | 12 | | 29.86 | | |
| Fiber, total dietary....g | 11.0 | | 1 | MA | 12 | | 6.0 | | |
| Sugars, total....g | 26.26 | | 1 | MA | 12 | | 14.44 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | 18.15 | | 0 | MA | 12 | | 9.98 | | |
| Magnesium, Mg....mg | 317 | | 1 | LC | 8 | | 174 | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 318 | | 1 | MA | 12 | | 175 | | |
| Zinc, Zn....mg | 11.88 | | 1 | LC | 8 | | 6.53 | | |
| Copper, Cu....mg | 0.452 | | 1 | LC | 8 | | 0.249 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 176.4 | | 1 | MA | 12 | | 97.0 | | |
| Thiamin....mg | 3.394 | | 1 | LC | 8 | | 1.867 | | |
| Riboflavin....mg | 3.846 | | 1 | LC | 8 | | 2.115 | | |
| Niacin....mg | 45.249 | | 1 | LC | 8 | | 24.887 | | |
| Pantothenic acid....mg | 22.624 | | 1 | LC | 8 | | 12.443 | | |
| Vitamin B-6....mg | 4.525 | | 1 | LC | 8 | | 2.489 | | |
| Folate, total....µg | 905 | | 1 | LC | 8 | | 498 | | |
| Folic acid....µg | 904 | | 0 | NR | 4 | | 497 | | |
| Folate, food....µg | 0 | | 0 | NR | 4 | | 0 | | |
| Folate, DFE....mcg_DFE | 1537 | | 0 | NC | 4 | | 845 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 13.57 | | 1 | LC | 8 | | 7.47 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....µg | | | | | | | | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 4451 | | 1 | MA | 12 | | 2448 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 30.50 | | 0 | NR | 4 | | 16.78 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 4.5 | | 1 | LC | 8 | | 2.5 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 181 | | 1 | LC | 8 | | 100 | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.481 | | 1 | MA | 12 | | 2.465 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |

**NDB No. 25008**

**Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| Fatty acids, total trans.....g | 0.052 | | 1 | MA | 12 | | 0.029 | | |
| 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 = 55g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25017**
**Formulated bar, POWER BAR, chocolate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 9.83 | | 1 | A | 1 | | 6.68 | | |
| Energy....kcal | 363 | | 0 | NC | 4 | | 247 | | |
| Energy....kJ | 1519 | | 0 | NC | 4 | | 1033 | | |
| Protein (N x 6.1)....g | 14.15 | | 1 | A | 1 | | 9.62 | | |
| Total lipid (fat)....g | 3.11 | | 1 | A | 1 | | 2.11 | | |
| Ash....g | 3.28 | | 1 | A | 1 | | 2.23 | | |
| Carbohydrate, by difference....g | 69.63 | | 0 | NC | 4 | | 47.35 | | |
| Fiber, total dietary....g | 5.7 | | 1 | A | 1 | | 3.9 | | |
| Sugars, total....g | 30.07 | | 1 | A | 1 | | 20.45 | | |
| Sucrose....g | 0.52 | | 1 | A | 1 | | 0.35 | | |
| Glucose (dextrose)....g | 11.94 | | 1 | A | 1 | | 8.12 | | |
| Fructose....g | 15.96 | | 1 | A | 1 | | 10.85 | | |
| Lactose....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Maltose....g | 1.65 | | 1 | A | 1 | | 1.12 | | |
| Galactose....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Starch....g | 18.70 | | 1 | A | 1 | | 12.72 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 504 | | 1 | A | 1 | | 343 | | |
| Iron, Fe....mg | 11.70 | | 1 | A | 1 | | 7.96 | | |
| Magnesium, Mg....mg | 248 | | 1 | A | 1 | | 169 | | |
| Phosphorus, P....mg | 614 | | 1 | A | 1 | | 418 | | |
| Potassium, K....mg | 362 | | 1 | A | 1 | | 246 | | |
| Sodium, Na....mg | 146 | | 1 | A | 1 | | 99 | | |
| Zinc, Zn....mg | 9.96 | | 1 | A | 1 | | 6.77 | | |
| Copper, Cu....mg | 1.430 | | 1 | A | 1 | | 0.972 | | |
| Manganese, Mn....mg | 1.610 | | 1 | A | 1 | | 1.095 | | |
| Selenium, Se....µg | 7.8 | | 1 | A | 1 | | 5.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 92.3 | | 0 | | 8 | | 62.8 | | |
| Thiamin....mg | 8.060 | | 1 | A | 1 | | 5.481 | | |
| Riboflavin....mg | 1.920 | | 1 | A | 1 | | 1.306 | | |
| Niacin....mg | 32.600 | | 1 | A | 1 | | 22.168 | | |
| Pantothenic acid....mg | 15.900 | | 1 | A | 1 | | 10.812 | | |
| Vitamin B-6....mg | 2.200 | | 1 | A | 1 | | 1.496 | | |
| Folate, total....µg | 615 | | 0 | NR | 4 | | 418 | | |
| Folic acid....µg | 615 | | 0 | NR | 4 | | 418 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....mcg_DFE | 1046 | | 0 | NC | 4 | | 711 | | |
| Choline, total....mg | 18.4 | | 0 | AS | 1 | | 12.5 | | |
| Betaine....mg | 4.3 | | 1 | A | 1 | | 2.9 | | |
| Vitamin B-12....µg | 5.60 | | 1 | A | 1 | | 3.81 | | |
| Vitamin B-12, added....µg | 5.60 | | 0 | O | 4 | | 3.81 | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | NR | 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 | 8.28 | | 1 | A | 1 | | 5.63 | | |
| Vitamin E, added....mg | 8.28 | | 0 | O | 4 | | 5.63 | | |
| Tocopherol, beta....mg | 0.01 | | 1 | A | 1 | | 0.01 | | |
| Tocopherol, gamma....mg | 0.33 | | 1 | A | 1 | | 0.22 | | |
| Tocopherol, delta....mg | 0.05 | | 1 | A | 1 | | 0.03 | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25017**
**Formulated bar, POWER BAR, chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone).....µg | 1.1 | | 1 | A | 1 | | 0.7 | | |
| Dihydrophylloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.320 | | 0 | NC | 4 | | 0.897 | | |
| 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 | 0.003 | | 1 | A | 1 | | 0.002 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.013 | | 1 | A | 1 | | 0.009 | | |
| 15:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:0.....g | 0.644 | | 1 | A | 1 | | 0.438 | | |
| 17:0.....g | 0.005 | | 1 | A | 1 | | 0.003 | | |
| 18:0.....g | 0.632 | | 1 | A | 1 | | 0.430 | | |
| 20:0.....g | 0.019 | | 1 | A | 1 | | 0.013 | | |
| 22:0.....g | 0.004 | | 1 | A | 1 | | 0.003 | | |
| 24:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 1.050 | | 0 | NC | 4 | | 0.714 | | |
| 14:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.010 | | 0 | AS | 1 | | 0.006 | | |
| 16:1 c.....g | 0.010 | | 1 | A | 1 | | 0.006 | | |
| 16:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated.....g | 1.030 | | 0 | AS | 1 | | 0.701 | | |
| 18:1 c.....g | 1.025 | | 1 | A | 1 | | 0.697 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.006 | | 1 | A | 1 | | 0.004 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.010 | | 1 | A | 1 | | 0.007 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.589 | | 0 | NC | 4 | | 0.401 | | |
| 18:2 undifferentiated.....g | 0.565 | | 0 | AS | 1 | | 0.384 | | |
| 18:2 n-6 c,c.....g | 0.561 | | 1 | A | 1 | | 0.381 | | |
| 18:2 CLAs.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.004 | | 1 | A | 1 | | 0.003 | | |
| 18:3 undifferentiated.....g | 0.025 | | 0 | AS | 1 | | 0.017 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.025 | | 1 | A | 1 | | 0.017 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 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 | | |

**NDB No. 25017**
**Formulated bar, POWER BAR, chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.010 | | 0 | NC | 4 | | 0.006 | | |
| Fatty acids, total trans-monoenoic....g | 0.006 | | 0 | NC | 4 | | 0.004 | | |
| Fatty acids, total trans-polyenoic....g | 0.004 | | 0 | NC | 4 | | 0.003 | | |
| Cholesterol....mg | 0 | | 1 | A | 1 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.190 | | 0 | A | 1 | | 0.129 | | |
| Threonine....g | 0.540 | | 0 | A | 1 | | 0.367 | | |
| Isoleucine....g | 0.660 | | 0 | A | 1 | | 0.449 | | |
| Leucine....g | 1.330 | | 0 | A | 1 | | 0.904 | | |
| Lysine....g | 0.980 | | 0 | A | 1 | | 0.666 | | |
| Methionine....g | 0.290 | | 0 | A | 1 | | 0.197 | | |
| Cystine....g | 0.220 | | 0 | A | 1 | | 0.150 | | |
| Phenylalanine....g | 0.740 | | 0 | A | 1 | | 0.503 | | |
| Tyrosine....g | 0.270 | | 0 | A | 1 | | 0.184 | | |
| Valine....g | 0.830 | | 0 | A | 1 | | 0.564 | | |
| Arginine....g | 0.610 | | 0 | A | 1 | | 0.415 | | |
| Histidine....g | 0.360 | | 0 | A | 1 | | 0.245 | | |
| Alanine....g | 0.510 | | 0 | A | 1 | | 0.347 | | |
| Aspartic acid....g | 1.250 | | 0 | A | 1 | | 0.850 | | |
| Glutamic acid....g | 3.100 | | 0 | A | 1 | | 2.108 | | |
| Glycine....g | 0.420 | | 0 | A | 1 | | 0.286 | | |
| Proline....g | 1.230 | | 0 | A | 1 | | 0.836 | | |
| Serine....g | 0.860 | | 0 | A | 1 | | 0.585 | | |
| Hydroxyproline....g | 0.090 | | 1 | A | 1 | | 0.061 | | |
| **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 = 68g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25020**

**Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut**

*Slim-Fast Foods Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 10.87 | | 1 | A | 1 | | 5.98 | | |
| Energy ... kcal | 386 | | 0 | NC | 4 | | 212 | | |
| Energy ... kJ | 1615 | | 0 | NC | 4 | | 888 | | |
| Protein (N x 6.25) ... g | 16.19 | | 1 | A | 1 | | 8.90 | | |
| Total lipid (fat) ... g | 8.92 | | 0 | T | 4 | | 4.91 | | |
| Ash ... g | 3.81 | | 1 | A | 1 | | 2.10 | | |
| Carbohydrate, by difference ... g | 60.21 | | 0 | NC | 4 | | 33.12 | | |
| Fiber, total dietary ... g | 5.1 | | 1 | A | 1 | | 2.8 | | |
| Sugars, total ... g | 25.00 | | 0 | LC | 8 | | 13.75 | | |
| Sucrose ... g | 7.58 | | 1 | A | 1 | | 4.17 | | |
| Glucose (dextrose) ... g | 1.24 | | 1 | A | 1 | | 0.68 | | |
| Fructose ... g | 0.52 | | 1 | A | 1 | | 0.29 | | |
| Lactose ... g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Maltose ... g | 10.04 | | 1 | A | 1 | | 5.52 | | |
| Galactose ... g | 5.62 | | 1 | A | 1 | | 3.09 | | |
| Starch ... g | 9.60 | | 1 | A | 1 | | 5.28 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 668 | | 1 | A | 1 | | 367 | | |
| Iron, Fe ... mg | 4.98 | | 1 | A | 1 | | 2.74 | | |
| Magnesium, Mg ... mg | 250 | | 0 | LC | 8 | | 138 | | |
| Phosphorus, P ... mg | 673 | | 1 | A | 1 | | 370 | | |
| Potassium, K ... mg | 289 | | 1 | A | 1 | | 159 | | |
| Sodium, Na ... mg | 253 | | 1 | A | 1 | | 139 | | |
| Zinc, Zn ... mg | 5.73 | | 1 | A | 1 | | 3.15 | | |
| Copper, Cu ... mg | 0.284 | | 1 | A | 1 | | 0.156 | | |
| Manganese, Mn ... mg | 0.743 | | 1 | A | 1 | | 0.409 | | |
| Selenium, Se ... µg | 46.7 | | 1 | A | 1 | | 25.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 96.6 | | 1 | A | 1 | | 53.1 | | |
| Thiamin ... mg | 1.700 | | 1 | A | 1 | | 0.935 | | |
| Riboflavin ... mg | 1.900 | | 1 | A | 1 | | 1.045 | | |
| Niacin ... mg | 21.200 | | 1 | A | 1 | | 11.660 | | |
| Pantothenic acid ... mg | 10.100 | | 1 | A | 1 | | 5.555 | | |
| Vitamin B-6 ... mg | 2.100 | | 1 | A | 1 | | 1.155 | | |
| Folate, total ... µg | 430 | | 1 | A | 1 | | 237 | | |
| Folic acid ... µg | 422 | | 1 | A | 1 | | 232 | | |
| Folate, food ... µg | 8 | | 0 | AS | 1 | | 4 | | |
| Folate, DFE ... mcg_DFE | 725 | | 0 | NC | 4 | | 399 | | |
| Choline, total ... mg | 40.6 | | 0 | AS | 1 | | 22.3 | | |
| Betaine ... mg | 2.2 | | 1 | A | 1 | | 1.2 | | |
| Vitamin B-12 ... µg | 7.90 | | 1 | A | 1 | | 4.35 | | |
| Vitamin B-12, added ... µg | 7.90 | | 0 | NR | 4 | | 4.35 | | |
| Vitamin A, RAE ... mcg_RAE | 940 | | 0 | NC | 4 | | 517 | | |
| Retinol ... µg | 940 | | 0 | NR | 4 | | 517 | | |
| 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 | 3133 | | 0 | NC | 4 | | 1723 | | |
| Lycopene ... µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin ... µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) ... mg | 40.25 | | 1 | A | 1 | | 22.14 | | |
| Vitamin E, added ... mg | 37.70 | | 0 | NR | 4 | | 20.74 | | |
| Tocopherol, beta ... mg | 0.05 | | 1 | A | 1 | | 0.03 | | |
| Tocopherol, gamma ... mg | 1.75 | | 1 | A | 1 | | 0.96 | | |
| Tocopherol, delta ... mg | 0.67 | | 1 | A | 1 | | 0.37 | | |
| Vitamin D (D2 + D3) ... µg | 5.4 | | 0 | NR | 4 | | 2.9 | | |
| Vitamin D2 (ergocalciferol) ... µg | | | | | | | | | |

**NDB No. 25020**
**Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 214 | | 1 | LC | 8 | | 118 | | |
| Vitamin K (phylloquinone).....µg | 129.3 | | 1 | A | 1 | | 71.1 | | |
| Dihydrophylloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.360 | | 0 | T | 4 | | 2.948 | | |
| 4:0.....g | 0.008 | | 1 | A | 1 | | 0.005 | | |
| 6:0.....g | 0.013 | | 1 | A | 1 | | 0.007 | | |
| 8:0.....g | 0.168 | | 1 | A | 1 | | 0.093 | | |
| 10:0.....g | 0.169 | | 1 | A | 1 | | 0.093 | | |
| 12:0.....g | 2.074 | | 1 | A | 1 | | 1.141 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.713 | | 1 | A | 1 | | 0.392 | | |
| 15:0.....g | 0.003 | | 1 | A | 1 | | 0.002 | | |
| 16:0.....g | 0.931 | | 1 | A | 1 | | 0.512 | | |
| 17:0.....g | 0.008 | | 1 | A | 1 | | 0.005 | | |
| 18:0.....g | 1.105 | | 1 | A | 1 | | 0.608 | | |
| 20:0.....g | 0.048 | | 1 | A | 1 | | 0.026 | | |
| 22:0.....g | 0.075 | | 1 | A | 1 | | 0.041 | | |
| 24:0.....g | 0.044 | | 1 | A | 1 | | 0.024 | | |
| Fatty acids, total monounsaturated.....g | 2.428 | | 0 | T | 4 | | 1.335 | | |
| 14:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.006 | | 0 | AS | 1 | | 0.003 | | |
| 16:1 c.....g | 0.006 | | 1 | A | 1 | | 0.003 | | |
| 16:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.003 | | 1 | A | 1 | | 0.002 | | |
| 18:1 undifferentiated.....g | 2.193 | | 0 | AS | 1 | | 1.206 | | |
| 18:1 c.....g | 2.017 | | 1 | A | 1 | | 1.109 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.176 | | 1 | A | 1 | | 0.097 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.039 | | 1 | A | 1 | | 0.021 | | |
| 22:1 undifferentiated.....g | 0.002 | | 0 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 1.132 | | 0 | T | 4 | | 0.623 | | |
| 18:2 undifferentiated.....g | 0.998 | | 0 | AS | 1 | | 0.549 | | |
| 18:2 n-6 c,c.....g | 0.966 | | 1 | A | 1 | | 0.531 | | |
| 18:2 CLAs.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.032 | | 1 | A | 1 | | 0.018 | | |
| 18:3 undifferentiated.....g | 0.035 | | 0 | AS | 1 | | 0.019 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.035 | | 1 | A | 1 | | 0.019 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 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 | 0.001 | | 1 | A | 1 | | 0.001 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

**NDB No. 25020**
**Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.208 | | 0 | NC | 4 | | 0.114 | | |
| Fatty acids, total trans-monoenoic....g | 0.176 | | 0 | NC | 4 | | 0.097 | | |
| Fatty acids, total trans-polyenoic....g | 0.032 | | 0 | NC | 4 | | 0.018 | | |
| Cholesterol....mg | 7 | | 0 | O | 4 | | 4 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.220 | | 0 | A | 1 | | 0.121 | | |
| Threonine....g | 0.570 | | 0 | A | 1 | | 0.313 | | |
| Isoleucine....g | 0.560 | | 0 | A | 1 | | 0.308 | | |
| Leucine....g | 1.250 | | 0 | A | 1 | | 0.688 | | |
| Lysine....g | 0.580 | | 0 | A | 1 | | 0.319 | | |
| Methionine....g | 0.220 | | 0 | A | 1 | | 0.121 | | |
| Cystine....g | 0.150 | | 0 | A | 1 | | 0.083 | | |
| Phenylalanine....g | 0.870 | | 0 | A | 1 | | 0.479 | | |
| Tyrosine....g | 0.580 | | 0 | A | 1 | | 0.319 | | |
| Valine....g | 0.740 | | 0 | A | 1 | | 0.407 | | |
| Arginine....g | 1.370 | | 0 | A | 1 | | 0.754 | | |
| Histidine....g | 0.400 | | 0 | A | 1 | | 0.220 | | |
| Alanine....g | 0.660 | | 0 | A | 1 | | 0.363 | | |
| Aspartic acid....g | 1.880 | | 0 | A | 1 | | 1.034 | | |
| Glutamic acid....g | 3.370 | | 0 | A | 1 | | 1.853 | | |
| Glycine....g | 0.780 | | 0 | A | 1 | | 0.429 | | |
| Proline....g | 1.150 | | 0 | A | 1 | | 0.632 | | |
| Serine....g | 0.960 | | 0 | A | 1 | | 0.528 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 55g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25031**
**Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.00 | | 1 | FLC | 4 | | 3.50 | | |
| Energy | kcal | 422 | | 0 | NC | 4 | | 211 | | |
| Energy | kJ | 1766 | | 0 | NC | 4 | | 883 | | |
| Protein (N x 6.25) | g | 30.00 | | 1 | FLC | 4 | | 15.00 | | |
| Total lipid (fat) | g | 14.00 | | 1 | FLC | 4 | | 7.00 | | |
| Ash | g | 4.00 | | 1 | FLC | 4 | | 2.00 | | |
| Carbohydrate, by difference | g | 45.00 | | 0 | O | 4 | | 22.50 | | |
| Fiber, total dietary | g | 2.0 | | 1 | FLC | 4 | | 1.0 | | |
| Sugars, total | g | 27.00 | | 1 | FLC | 4 | | 13.50 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 200 | | 1 | FLC | 4 | | 100 | | |
| Iron, Fe | mg | 3.60 | | 1 | FLC | 4 | | 1.80 | | |
| Magnesium, Mg | mg | 80 | | 1 | FLC | 4 | | 40 | | |
| Phosphorus, P | mg | 300 | | 1 | FLC | 4 | | 150 | | |
| Potassium, K | mg | 250 | | 1 | FLC | 4 | | 125 | | |
| Sodium, Na | mg | 450 | | 1 | FLC | 4 | | 225 | | |
| Zinc, Zn | mg | 7.50 | | 1 | FLC | 4 | | 3.75 | | |
| Copper, Cu | mg | 0.774 | | 0 | FLC | 4 | | 0.387 | | |
| Manganese, Mn | mg | 0.846 | | 0 | FLC | 4 | | 0.423 | | |
| Selenium, Se | µg | 3.9 | | 0 | FLC | 4 | | 2.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 120.0 | | 1 | FLC | 4 | | 60.0 | | |
| Thiamin | mg | 0.750 | | 1 | FLC | 4 | | 0.375 | | |
| Riboflavin | mg | 1.700 | | 1 | FLC | 4 | | 0.850 | | |
| Niacin | mg | 20.000 | | 1 | FLC | 4 | | 10.000 | | |
| Pantothenic acid | mg | 5.000 | | 1 | FLC | 4 | | 2.500 | | |
| Vitamin B-6 | mg | 2.000 | | 1 | FLC | 4 | | 1.000 | | |
| Folate, total | µg | 160 | | 1 | FLC | 4 | | 80 | | |
| Folic acid | µg | 160 | | 0 | NR | 4 | | 80 | | |
| Folate, food | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE | mcg_DFE | 272 | | 0 | NC | 4 | | 136 | | |
| Choline, total | mg | 73.0 | | 0 | FLC | 4 | | 36.5 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 4.20 | | 1 | FLC | 4 | | 2.10 | | |
| Vitamin B-12, added | µg | 4.20 | | 0 | NR | 4 | | 2.10 | | |
| Vitamin A, RAE | mcg_RAE | 1050 | | 0 | NC | 4 | | 525 | | |
| Retinol | µg | 1050 | | 0 | O | 4 | | 525 | | |
| 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 | 3500 | | 0 | NC | 4 | | 1750 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 2 | | 0 | FLC | 4 | | 1 | | |
| Vitamin E (alpha-tocopherol) | mg | 24.00 | | 0 | NR | 4 | | 12.00 | | |
| Vitamin E, added | mg | 24.00 | | 0 | NR | 4 | | 12.00 | | |
| 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 | | | | | | | | | |
| Vitamin D | IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 1.6 | | 0 | FLC | 4 | | 0.8 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25031**
**Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 4.499 | | 0 | NC | 4 | | 2.249 | | |
| 4:0....g | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| 6:0....g | 0.009 | | 0 | FLC | 4 | | 0.004 | | |
| 8:0....g | 0.138 | | 0 | FLC | 4 | | 0.069 | | |
| 10:0....g | 0.156 | | 0 | FLC | 4 | | 0.078 | | |
| 12:0....g | 1.969 | | 0 | FLC | 4 | | 0.984 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.693 | | 0 | FLC | 4 | | 0.347 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.989 | | 0 | FLC | 4 | | 0.494 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.544 | | 0 | FLC | 4 | | 0.272 | | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 3.828 | | 0 | NC | 4 | | 1.914 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.017 | | 0 | FLC | 4 | | 0.008 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.811 | | 0 | FLC | 4 | | 1.906 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 4.804 | | 0 | NC | 4 | | 2.402 | | |
| 18:2 undifferentiated....g | 4.731 | | 0 | FLC | 4 | | 2.366 | | |
| 18:3 undifferentiated....g | 0.072 | | 0 | FLC | 4 | | 0.036 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 1 | FLC | 4 | | 0.000 | | |
| Cholesterol....mg | 8 | | 1 | FLC | 4 | | 4 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 11 | | 0 | FLC | 4 | | 6 | | |
| Theobromine....mg | 99 | | 0 | FLC | 4 | | 50 | | |

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

**Common Measures:**

Measure 1 = 50g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25045**
**Formulated bar, high fiber, chewy, oats and chocolate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 12.04 | | 0 | FLC | 4 | | 4.82 | | |
| Energy....kcal | 350 | | 0 | LC | 8 | | 140 | | |
| Energy....kJ | 1464 | | 0 | LC | 8 | | 586 | | |
| Protein....g | 5.00 | | 0 | FLC | 4 | | 2.00 | | |
| Total lipid (fat)....g | 10.00 | | 0 | LC | 8 | | 4.00 | | |
| Ash....g | 3.14 | | 0 | FLC | 4 | | 1.25 | | |
| Carbohydrate, by difference....g | 69.78 | | 0 | FLC | 4 | | 27.91 | | |
| Fiber, total dietary....g | 22.5 | | 0 | LC | 8 | | 9.0 | | |
| Sugars, total....g | 25.00 | | 0 | LC | 8 | | 10.00 | | |
| Sucrose....g | 12.20 | | 0 | FLC | 4 | | 4.88 | | |
| Glucose (dextrose)....g | 6.86 | | 0 | FLC | 4 | | 2.74 | | |
| Fructose....g | 1.57 | | 0 | FLC | 4 | | 0.63 | | |
| Lactose....g | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Maltose....g | 4.31 | | 0 | FLC | 4 | | 1.73 | | |
| Galactose....g | 0.06 | | 0 | FLC | 4 | | 0.02 | | |
| Starch....g | 6.08 | | 0 | FLC | 4 | | 2.43 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 250 | | 0 | LC | 8 | | 100 | | |
| Iron, Fe....mg | 0.90 | | 0 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 190 | | 0 | FLC | 4 | | 76 | | |
| Phosphorus, P....mg | 419 | | 0 | FLC | 4 | | 168 | | |
| Potassium, K....mg | 447 | | 0 | FLC | 4 | | 179 | | |
| Sodium, Na....mg | 225 | | 0 | LC | 8 | | 90 | | |
| Zinc, Zn....mg | 1.96 | | 0 | FLC | 4 | | 0.78 | | |
| Copper, Cu....mg | 0.262 | | 0 | FLC | 4 | | 0.105 | | |
| Manganese, Mn....mg | 3.407 | | 0 | FLC | 4 | | 1.363 | | |
| Selenium, Se....µg | 8.9 | | 0 | FLC | 4 | | 3.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.2 | | 0 | FLC | 4 | | 0.5 | | |
| Thiamin....mg | 0.688 | | 0 | FLC | 4 | | 0.275 | | |
| Riboflavin....mg | 0.091 | | 0 | FLC | 4 | | 0.037 | | |
| Niacin....mg | 7.903 | | 0 | FLC | 4 | | 3.161 | | |
| Pantothenic acid....mg | 1.755 | | 0 | FLC | 4 | | 0.702 | | |
| Vitamin B-6....mg | 0.963 | | 0 | FLC | 4 | | 0.385 | | |
| Folate, total....µg | 35 | | 0 | FLC | 4 | | 14 | | |
| Folic acid....µg | 12 | | 0 | FLC | 4 | | 5 | | |
| Folate, food....µg | 22 | | 0 | FLC | 4 | | 9 | | |
| Folate, DFE....mcg_DFE | 43 | | 0 | NC | 4 | | 17 | | |
| Choline, total....mg | 12.4 | | 0 | FLC | 4 | | 5.0 | | |
| Betaine....mg | 3.3 | | 0 | FLC | 4 | | 1.3 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol....µg | 0 | | 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 | 0 | | 0 | NC | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 65 | | 0 | FLC | 4 | | 26 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.47 | | 0 | FLC | 4 | | 0.59 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma....mg | 0.50 | | 0 | FLC | 4 | | 0.20 | | |
| Tocopherol, delta....mg | 0.02 | | 0 | FLC | 4 | | 0.01 | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25045**
**Formulated bar, high fiber, chewy, oats and chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone).....µg | 2.6 | | 0 | FLC | 4 | | 1.0 | | |
| Dihydrophylloquinone.....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.397 | | 0 | FLC | 4 | | 1.359 | | |
| 4:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0.....g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 8:0.....g | 0.059 | | 0 | FLC | 4 | | 0.023 | | |
| 10:0.....g | 0.066 | | 0 | FLC | 4 | | 0.026 | | |
| 12:0.....g | 0.838 | | 0 | FLC | 4 | | 0.335 | | |
| 13:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0.....g | 0.310 | | 0 | FLC | 4 | | 0.124 | | |
| 15:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0.....g | 1.417 | | 0 | FLC | 4 | | 0.567 | | |
| 17:0.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 18:0.....g | 0.670 | | 0 | FLC | 4 | | 0.268 | | |
| 20:0.....g | 0.025 | | 0 | FLC | 4 | | 0.010 | | |
| 22:0.....g | 0.007 | | 0 | FLC | 4 | | 0.003 | | |
| 24:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 3.522 | | 0 | FLC | 4 | | 1.409 | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.023 | | 0 | FLC | 4 | | 0.009 | | |
| 17:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated.....g | 3.476 | | 0 | FLC | 4 | | 1.390 | | |
| 20:1.....g | 0.023 | | 0 | FLC | 4 | | 0.009 | | |
| 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 | 2.334 | | 0 | FLC | 4 | | 0.934 | | |
| 18:2 undifferentiated.....g | 2.089 | | 0 | FLC | 4 | | 0.836 | | |
| 18:3 undifferentiated.....g | 0.245 | | 0 | FLC | 4 | | 0.098 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA).....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.007 | | 0 | FLC | 4 | | 0.003 | | |
| Cholesterol.....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.050 | | 0 | FLC | 4 | | 0.020 | | |
| Threonine.....g | 0.179 | | 0 | FLC | 4 | | 0.071 | | |
| Isoleucine.....g | 0.192 | | 0 | FLC | 4 | | 0.077 | | |
| Leucine.....g | 0.352 | | 0 | FLC | 4 | | 0.141 | | |
| Lysine.....g | 0.212 | | 0 | FLC | 4 | | 0.085 | | |
| Methionine.....g | 0.098 | | 0 | FLC | 4 | | 0.039 | | |
| Cystine.....g | 0.113 | | 0 | FLC | 4 | | 0.045 | | |
| Phenylalanine.....g | 0.230 | | 0 | FLC | 4 | | 0.092 | | |
| Tyrosine.....g | 0.143 | | 0 | FLC | 4 | | 0.057 | | |
| Valine.....g | 0.286 | | 0 | FLC | 4 | | 0.114 | | |
| Arginine.....g | 0.343 | | 0 | FLC | 4 | | 0.137 | | |
| Histidine.....g | 0.115 | | 0 | FLC | 4 | | 0.046 | | |
| Alanine.....g | 0.288 | | 0 | FLC | 4 | | 0.115 | | |
| Aspartic acid.....g | 0.437 | | 0 | FLC | 4 | | 0.175 | | |
| Glutamic acid.....g | 0.788 | | 0 | FLC | 4 | | 0.315 | | |
| Glycine.....g | 0.267 | | 0 | FLC | 4 | | 0.107 | | |
| Proline.....g | 0.264 | | 0 | FLC | 4 | | 0.106 | | |
| Serine.....g | 0.228 | | 0 | FLC | 4 | | 0.091 | | |

**NDB No. 25045**
**Formulated bar, high fiber, chewy, oats and chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 3 | | 0 | FLC | 4 | | 1 | | |
| Theobromine.....mg | 24 | | 0 | FLC | 4 | | 10 | | |

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

**Common Measures:**

Measure 1 = 40g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 42139**
**Granola bar, soft, milk chocolate coated, peanut butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.20 | | 0 | | 4 | | 0.91 | | |
| Energy | kcal | 536 | | 0 | NC | 4 | | 152 | | |
| Energy | kJ | 2241 | | 0 | NC | 4 | | 635 | | |
| Protein | g | 9.60 | | 0 | | 4 | | 2.72 | | |
| Total lipid (fat) | g | 31.20 | | 0 | | 4 | | 8.85 | | |
| Ash | g | 1.90 | | 0 | NR | 4 | | 0.54 | | |
| Carbohydrate, by difference | g | 54.10 | | 0 | | 4 | | 15.34 | | |
| Fiber, total dietary | g | 3.8 | | 0 | | 4 | | 1.1 | | |
| Sugars, total | g | 23.63 | | 0 | FLA | 4 | | 6.70 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 108 | | 0 | | 4 | | 31 | | |
| Iron, Fe | mg | 1.45 | | 0 | | 4 | | 0.41 | | |
| Magnesium, Mg | mg | 67 | | 0 | | 4 | | 19 | | |
| Phosphorus, P | mg | 227 | | 0 | | 4 | | 64 | | |
| Potassium, K | mg | 339 | | 0 | | 4 | | 96 | | |
| Sodium, Na | mg | 193 | | 0 | | 4 | | 55 | | |
| Zinc, Zn | mg | 1.47 | | 0 | | 4 | | 0.42 | | |
| Copper, Cu | mg | 0.323 | | 0 | | 4 | | 0.092 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 15.7 | | 0 | RA | 4 | | 4.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | | 4 | | 0.2 | | |
| Thiamin | mg | 0.100 | | 0 | | 4 | | 0.028 | | |
| Riboflavin | mg | 0.210 | | 0 | | 4 | | 0.060 | | |
| Niacin | mg | 3.290 | | 0 | | 4 | | 0.933 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.110 | | 0 | | 4 | | 0.031 | | |
| Folate, total | µg | 25 | | 0 | | 4 | | 7 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 25 | | 0 | | 4 | | 7 | | |
| Folate, DFE | mcg_DFE | 25 | | 0 | NC | 4 | | 7 | | |
| Choline, total | mg | 24.7 | | 0 | FLA | 4 | | 7.0 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.46 | | 0 | | 4 | | 0.13 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 8 | | 0 | NC | 4 | | 2 | | |
| Retinol | µg | 8 | | 0 | FLA | 4 | | 2 | | |
| 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 | 26 | | 0 | NC | 4 | | 7 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 32 | | 0 | FLA | 4 | | 9 | | |
| Vitamin E (alpha-tocopherol) | mg | 4.59 | | 0 | FLA | 4 | | 1.30 | | |
| 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 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 5.7 | | 0 | FLA | 4 | | 1.6 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 42139**

**Granola bar, soft, milk chocolate coated, peanut butter**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total saturated....g | 17.065 | | 0 | | 4 | | 4.838 | | |
| 4:0....g | 0.070 | | 0 | | 4 | | 0.020 | | |
| 6:0....g | 0.040 | | 0 | | 4 | | 0.011 | | |
| 8:0....g | 0.421 | | 0 | | 4 | | 0.119 | | |
| 10:0....g | 0.492 | | 0 | | 4 | | 0.139 | | |
| 12:0....g | 5.518 | | 0 | | 4 | | 1.564 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 2.157 | | 0 | | 4 | | 0.612 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.434 | | 0 | | 4 | | 1.257 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.933 | | 0 | | 4 | | 1.115 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.561 | | 0 | | 4 | | 1.860 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.120 | | 0 | | 4 | | 0.034 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.411 | | 0 | | 4 | | 1.818 | | |
| 20:1....g | 0.030 | | 0 | | 4 | | 0.009 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.906 | | 0 | | 4 | | 0.540 | | |
| 18:2 undifferentiated....g | 1.836 | | 0 | | 4 | | 0.521 | | |
| 18:3 undifferentiated....g | 0.070 | | 0 | | 4 | | 0.020 | | |
| 18:4....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 0 | | 4 | | 0.003 | | |
| 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 | 12 | | 0 | | 4 | | 3 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 3 | | 0 | BFZN | 4 | | 1 | | |
| Theobromine....mg | 41 | | 0 | BFZN | 4 | | 12 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 43572**
**Popcorn, microwave, low fat and sodium**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | | 0 | | 9 | | 0.79 | | |
| Energy | kcal | 429 | | 0 | NC | 4 | | 122 | | |
| Energy | kJ | 1797 | | 0 | NC | 4 | | 509 | | |
| Protein | g | 12.60 | | 0 | | 9 | | 3.57 | | |
| Total lipid (fat) | g | 9.50 | | 0 | | 9 | | 2.69 | | |
| Ash | g | 1.71 | | 0 | FLA | 4 | | 0.48 | | |
| Carbohydrate, by difference | g | 73.39 | | 0 | NC | 4 | | 20.81 | | |
| Fiber, total dietary | g | 14.2 | | 0 | | 4 | | 4.0 | | |
| Sugars, total | g | 0.54 | | 0 | FLA | 4 | | 0.15 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 0 | | 4 | | 3 | | |
| Iron, Fe | mg | 2.28 | | 0 | | 9 | | 0.65 | | |
| Magnesium, Mg | mg | 151 | | 0 | | 4 | | 43 | | |
| Phosphorus, P | mg | 264 | | 0 | | 4 | | 75 | | |
| Potassium, K | mg | 241 | | 0 | | 4 | | 68 | | |
| Sodium, Na | mg | 490 | | 0 | | 9 | | 139 | | |
| Zinc, Zn | mg | 3.83 | | 0 | | 4 | | 1.09 | | |
| Copper, Cu | mg | 0.545 | | 0 | | 4 | | 0.155 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 8.6 | | 0 | CAZN | 4 | | 2.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 7 | | 0.0 | | |
| Thiamin | mg | 0.350 | | 0 | | 4 | | 0.099 | | |
| Riboflavin | mg | 0.110 | | 0 | | 4 | | 0.031 | | |
| Niacin | mg | 2.070 | | 0 | | 4 | | 0.587 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.170 | | 0 | | 4 | | 0.048 | | |
| Folate, total | µg | 17 | | 0 | | 4 | | 5 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 17 | | 0 | FLA | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 5 | | |
| Choline, total | mg | 20.2 | | 0 | FLA | 4 | | 5.7 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 7 | | 0 | NC | 4 | | 2 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 66 | | 0 | FLA | 4 | | 19 | | |
| Carotene, alpha | µg | 43 | | 0 | FLA | 4 | | 12 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 147 | | 0 | NC | 4 | | 42 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 1087 | | 0 | FLA | 4 | | 308 | | |
| Vitamin E (alpha-tocopherol) | mg | 5.01 | | 0 | FLA | 4 | | 1.42 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 15.7 | | 0 | FLA | 4 | | 4.4 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 43572**
**Popcorn, microwave, low fat and sodium**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 1.415 | | 0 | | 4 | | 0.401 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 0 | | 4 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.931 | | 0 | | 4 | | 0.264 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.475 | | 0 | | 4 | | 0.135 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.085 | | 0 | | 4 | | 1.158 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.038 | | 0 | | 4 | | 0.011 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.037 | | 0 | | 4 | | 1.144 | | |
| 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 | 3.572 | | 0 | | 4 | | 1.013 | | |
| 18:2 undifferentiated....g | 3.315 | | 0 | | 4 | | 0.940 | | |
| 18:3 undifferentiated....g | 0.247 | | 0 | | 4 | | 0.070 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25026**

**Popcorn, microwave, regular (butter) flavor, made with palm 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 | 2.62 | 0.135 | 8 | A | 1 | | 0.21 | 2.28 | 2.54 |
| Energy....kcal | 528 | | 0 | NC | 4 | | 42 | 459 | 512 |
| Energy....kJ | 2207 | | 0 | NC | 4 | | 174 | 1920 | 2141 |
| Protein....g | 8.69 | 0.388 | 8 | A | 1 | | 0.69 | 7.56 | 8.43 |
| Total lipid (fat)....g | 30.00 | | 0 | FLC | 4 | | 2.37 | 26.10 | 29.10 |
| Ash....g | 3.00 | 0.057 | 8 | A | 1 | | 0.24 | 2.61 | 2.91 |
| Carbohydrate, by difference....g | 55.69 | | 0 | NC | 4 | | 4.40 | 48.45 | 54.02 |
| Fiber, total dietary....g | 9.9 | 0.665 | 4 | A | 1 | | 0.8 | 8.7 | 9.7 |
| Sugars, total....g | 0.54 | 0.058 | 7 | A | 1 | | 0.04 | 0.47 | 0.53 |
| Sucrose....g | 0.54 | 0.051 | 8 | A | 1 | | 0.04 | 0.47 | 0.52 |
| Glucose (dextrose)....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Fructose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Lactose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch....g | 44.85 | 1.100 | 8 | A | 1 | | 3.54 | 39.02 | 43.50 |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | 1.868 | 8 | A | 1 | | 2 | 18 | 20 |
| Iron, Fe....mg | 2.36 | 0.200 | 8 | A | 1 | | 0.19 | 2.05 | 2.29 |
| Magnesium, Mg....mg | 92 | 5.659 | 8 | A | 1 | | 7 | 80 | 89 |
| Phosphorus, P....mg | 234 | 12.788 | 8 | A | 1 | | 18 | 203 | 227 |
| Potassium, K....mg | 219 | 11.277 | 8 | A | 1 | | 17 | 191 | 213 |
| Sodium, Na....mg | 771 | 23.443 | 8 | A | 1 | | 61 | 671 | 748 |
| Zinc, Zn....mg | 2.43 | 0.090 | 8 | A | 1 | | 0.19 | 2.12 | 2.36 |
| Copper, Cu....mg | 0.190 | 0.015 | 8 | A | 1 | | 0.015 | 0.165 | 0.185 |
| Manganese, Mn....mg | 0.782 | 0.036 | 8 | A | 1 | | 0.062 | 0.680 | 0.759 |
| Selenium, Se....µg | 5.4 | 2.006 | 8 | A | 1 | | 0.4 | 4.7 | 5.3 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.107 | 0.015 | 4 | A | 1 | | 0.008 | 0.094 | 0.104 |
| Riboflavin....mg | 0.104 | 0.009 | 8 | A | 1 | | 0.008 | 0.090 | 0.101 |
| Niacin....mg | 1.551 | 0.075 | 8 | A | 1 | | 0.123 | 1.350 | 1.505 |
| Pantothenic acid....mg | 0.282 | 0.016 | 4 | A | 1 | | 0.022 | 0.246 | 0.274 |
| Vitamin B-6....mg | 0.164 | 0.007 | 8 | A | 1 | | 0.013 | 0.142 | 0.159 |
| Folate, total....µg | 23 | | 0 | FLC | 4 | | 2 | 20 | 22 |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 23 | | 0 | FLC | 4 | | 2 | 20 | 22 |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 2 | 20 | 22 |
| Choline, total....mg | 15.4 | | 0 | FLC | 4 | | 1.2 | 13.4 | 14.9 |
| 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 | 7 | | 0 | NC | 4 | | 1 | 6 | 7 |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 64 | | 0 | FLC | 4 | | 5 | 56 | 62 |
| Carotene, alpha....µg | 42 | | 0 | FLC | 4 | | 3 | 36 | 41 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 142 | | 0 | NC | 4 | | 11 | 123 | 137 |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 1048 | | 0 | FLC | 4 | | 83 | 912 | 1016 |
| Vitamin E (alpha-tocopherol)....mg | 4.47 | | 0 | FLC | 4 | | 0.35 | 3.89 | 4.33 |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta....mg | 0.00 | | 0 | FLC | 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 | | | | | | | | | |

**NDB No. 25026**

**Popcorn, microwave, regular (butter) flavor, made with palm 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 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 3.0 | | 0 | FLC | 4 | | 0.2 | 2.6 | 2.9 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.305 | | 0 | NC | 4 | | 0.498 | 5.485 | 6.116 |
| 4:0....g | 0.018 | 0.011 | 4 | A | 1 | | 0.001 | 0.015 | 0.017 |
| 6:0....g | 0.011 | 0.008 | 4 | A | 1 | | 0.001 | 0.010 | 0.011 |
| 8:0....g | 0.034 | 0.024 | 4 | A | 1 | | 0.003 | 0.029 | 0.033 |
| 10:0....g | 0.036 | 0.022 | 4 | A | 1 | | 0.003 | 0.031 | 0.035 |
| 12:0....g | 0.020 | 0.011 | 4 | A | 1 | | 0.002 | 0.017 | 0.019 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.087 | 0.037 | 4 | A | 1 | | 0.007 | 0.076 | 0.085 |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 16:0....g | 4.051 | 0.279 | 4 | A | 1 | | 0.320 | 3.525 | 3.930 |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:0....g | 1.911 | | 0 | FLC | 4 | | 0.151 | 1.662 | 1.853 |
| 20:0....g | 0.021 | | 0 | FLC | 4 | | 0.002 | 0.018 | 0.020 |
| 22:0....g | 0.117 | 0.007 | 4 | A | 1 | | 0.009 | 0.102 | 0.114 |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 14.210 | | 0 | NC | 4 | | 1.123 | 12.363 | 13.784 |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.030 | 0.007 | 4 | AS | 1 | | 0.002 | 0.026 | 0.029 |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated....g | 14.130 | | 0 | FLC | 4 | | 1.116 | 12.293 | 13.706 |
| 20:1....g | 0.050 | | 0 | FLC | 4 | | 0.004 | 0.044 | 0.049 |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 6.062 | | 0 | NC | 4 | | 0.479 | 5.274 | 5.880 |
| 18:2 undifferentiated....g | 5.927 | | 0 | FLC | 4 | | 0.468 | 5.156 | 5.749 |
| 18:3 undifferentiated....g | 0.135 | | 0 | FLC | 4 | | 0.011 | 0.118 | 0.131 |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Stigmasterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Campesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Beta-sitosterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.061 | | 0 | FLC | 4 | | 0.005 | 0.053 | 0.060 |
| Threonine....g | 0.327 | | 0 | FLC | 4 | | 0.026 | 0.284 | 0.317 |
| Isoleucine....g | 0.312 | | 0 | FLC | 4 | | 0.025 | 0.271 | 0.302 |
| Leucine....g | 1.065 | | 0 | FLC | 4 | | 0.084 | 0.926 | 1.033 |
| Lysine....g | 0.244 | | 0 | FLC | 4 | | 0.019 | 0.213 | 0.237 |
| Methionine....g | 0.182 | | 0 | FLC | 4 | | 0.014 | 0.158 | 0.177 |
| Cystine....g | 0.157 | | 0 | FLC | 4 | | 0.012 | 0.136 | 0.152 |
| Phenylalanine....g | 0.426 | | 0 | FLC | 4 | | 0.034 | 0.371 | 0.414 |
| Tyrosine....g | 0.353 | | 0 | FLC | 4 | | 0.028 | 0.307 | 0.342 |
| Valine....g | 0.439 | | 0 | FLC | 4 | | 0.035 | 0.382 | 0.426 |
| Arginine....g | 0.432 | | 0 | FLC | 4 | | 0.034 | 0.376 | 0.419 |
| Histidine....g | 0.265 | | 0 | FLC | 4 | | 0.021 | 0.231 | 0.257 |
| Alanine....g | 0.651 | | 0 | FLC | 4 | | 0.051 | 0.566 | 0.631 |
| Aspartic acid....g | 0.604 | | 0 | FLC | 4 | | 0.048 | 0.526 | 0.586 |
| Glutamic acid....g | 1.630 | | 0 | FLC | 4 | | 0.129 | 1.418 | 1.581 |
| Glycine....g | 0.356 | | 0 | FLC | 4 | | 0.028 | 0.309 | 0.345 |

**NDB No. 25026**
**Popcorn, microwave, regular (butter) flavor, made with palm 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 |
| Proline....g | 0.758 | | 0 | FLC | 4 | | 0.060 | 0.659 | 0.735 |
| Serine....g | 0.413 | | 0 | FLC | 4 | | 0.033 | 0.359 | 0.400 |
| Hydroxyproline....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| **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 = 7.9g: 1 cup

Measure 2 = 87g: 1 ckd pr g

Measure 3 = 97g: 1 raw pr g

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

**Food Group:** 25 Snacks

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

**NDB No. 19436**
**Popcorn, sugar syrup/caramel, 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 | 6.00 | | 0 | FLC | 4 | | 1.70 | | |
| Energy | kcal | 381 | | 0 | NC | 4 | | 108 | | |
| Energy | kJ | 1593 | | 0 | NC | 4 | | 452 | | |
| Protein | g | 2.00 | | 0 | FLC | 4 | | 0.57 | | |
| Total lipid (fat) | g | 1.40 | | 0 | FLC | 4 | | 0.40 | | |
| Ash | g | 0.54 | | 0 | FLC | 4 | | 0.15 | | |
| Carbohydrate, by difference | g | 90.06 | | 0 | NC | 4 | | 25.53 | | |
| Fiber, total dietary | g | 2.5 | | 0 | FLC | 4 | | 0.7 | | |
| Sugars, total | g | 64.68 | | 0 | O | 4 | | 18.34 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 0 | FLC | 4 | | 5 | | |
| Iron, Fe | mg | 0.80 | | 0 | FLC | 4 | | 0.23 | | |
| Magnesium, Mg | mg | 27 | | 0 | FLC | 4 | | 8 | | |
| Phosphorus, P | mg | 55 | | 0 | FLC | 4 | | 16 | | |
| Potassium, K | mg | 110 | | 0 | FLC | 4 | | 31 | | |
| Sodium, Na | mg | 286 | | 0 | LC | 8 | | 81 | | |
| Zinc, Zn | mg | 0.62 | | 0 | FLC | 4 | | 0.18 | | |
| Copper, Cu | mg | 0.140 | | 0 | FLC | 4 | | 0.040 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 3.6 | | 0 | BFZN | 4 | | 1.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.038 | | 0 | FLC | 4 | | 0.011 | | |
| Riboflavin | mg | 0.058 | | 0 | FLC | 4 | | 0.016 | | |
| Niacin | mg | 0.342 | | 0 | FLC | 4 | | 0.097 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.047 | | 0 | FLC | 4 | | 0.013 | | |
| Folate, total | µg | 4 | | 0 | FLC | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 4 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 12.6 | | 0 | FLA | 4 | | 3.6 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 15 | | 0 | FLC | 4 | | 4 | | |
| Carotene, alpha | µg | 10 | | 0 | FLC | 4 | | 3 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 33 | | 0 | NC | 4 | | 9 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 242 | | 0 | FLC | 4 | | 69 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.13 | | 0 | FLC | 4 | | 0.04 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.9 | | 0 | FLC | 4 | | 0.2 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19436**
**Popcorn, sugar syrup/caramel, 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 | 0.200 | | 0 | FLC | 4 | | 0.057 | | |
| 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 | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.167 | | 0 | FLC | 4 | | 0.047 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.032 | | 0 | FLC | 4 | | 0.009 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.260 | | 0 | FLC | 4 | | 0.074 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.257 | | 0 | FLC | 4 | | 0.073 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.634 | | 0 | FLC | 4 | | 0.180 | | |
| 18:2 undifferentiated....g | 0.588 | | 0 | FLC | 4 | | 0.167 | | |
| 18:3 undifferentiated....g | 0.046 | | 0 | FLC | 4 | | 0.013 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19823**
**Potato chips, without salt, reduced fat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | | 0 | | 4 | | 0.28 | | |
| Energy | kcal | 487 | | 0 | NC | 4 | | 138 | | |
| Energy | kJ | 2037 | | 0 | NC | 4 | | 577 | | |
| Protein | g | 7.10 | | 0 | | 4 | | 2.01 | | |
| Total lipid (fat) | g | 20.80 | | 0 | | 4 | | 5.90 | | |
| Ash | g | 3.30 | | 0 | O | 4 | | 0.94 | | |
| Carbohydrate, by difference | g | 67.80 | | 0 | NC | 4 | | 19.22 | | |
| Fiber, total dietary | g | 6.1 | | 0 | | 4 | | 1.7 | | |
| Sugars, total | g | 0.22 | | 0 | O | 4 | | 0.06 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 0 | | 4 | | 6 | | |
| Iron, Fe | mg | 1.35 | | 0 | | 4 | | 0.38 | | |
| Magnesium, Mg | mg | 89 | | 0 | | 4 | | 25 | | |
| Phosphorus, P | mg | 193 | | 0 | | 4 | | 55 | | |
| Potassium, K | mg | 1744 | | 0 | | 4 | | 494 | | |
| Sodium, Na | mg | 8 | | 0 | | 4 | | 2 | | |
| Zinc, Zn | mg | 1.01 | | 0 | | 1 | | 0.29 | | |
| Copper, Cu | mg | 0.348 | | 0 | | 1 | | 0.099 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 25.7 | | 0 | | 4 | | 7.3 | | |
| Thiamin | mg | 0.210 | | 0 | | 4 | | 0.060 | | |
| Riboflavin | mg | 0.270 | | 0 | | 4 | | 0.077 | | |
| Niacin | mg | 7.000 | | 0 | | 4 | | 1.985 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.670 | | 0 | | 4 | | 0.190 | | |
| Folate, total | µg | 10 | | 0 | | 1 | | 3 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 10 | | 0 | NR | 4 | | 3 | | |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | 3 | | |
| Choline, total | mg | 53.0 | | 0 | O | 4 | | 15.0 | | |
| 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 | AS | 1 | | 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 | AS | 1 | | 0 | | |
| Lycopene | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 5.47 | | 0 | O | 4 | | 1.55 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 13.3 | | 0 | O | 4 | | 3.8 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19823**
**Potato chips, without salt, 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 |
| Fatty acids, total saturated....g | 4.160 | | 0 | | 4 | | 1.179 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.120 | | 0 | | 4 | | 0.034 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.520 | | 0 | | 4 | | 0.998 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.510 | | 0 | | 4 | | 0.145 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.800 | | 0 | | 4 | | 1.361 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.500 | | 0 | | 4 | | 0.142 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.300 | | 0 | | 4 | | 1.219 | | |
| 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 | 10.940 | | 0 | | 4 | | 3.101 | | |
| 18:2 undifferentiated....g | 10.750 | | 0 | | 4 | | 3.048 | | |
| 18:3 undifferentiated....g | 0.190 | | 0 | | 4 | | 0.054 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 43109**
**Pretzels, soft**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 15.00 | | 0 | | 4 | | 21.45 | 17.25 | 9.30 |
| Energy....kcal | 338 | | 0 | NC | 4 | | 484 | 389 | 210 |
| Energy....kJ | 1415 | | 0 | NC | 4 | | 2024 | 1628 | 878 |
| Protein....g | 8.20 | | 0 | | 4 | | 11.73 | 9.43 | 5.08 |
| Total lipid (fat)....g | 3.10 | | 0 | | 4 | | 4.43 | 3.57 | 1.92 |
| Ash....g | 4.31 | | 0 | BFSN | 4 | | 6.16 | 4.95 | 2.67 |
| Carbohydrate, by difference....g | 69.39 | | 0 | NC | 4 | | 99.23 | 79.80 | 43.02 |
| Fiber, total dietary....g | 1.7 | | 0 | | 4 | | 2.4 | 2.0 | 1.1 |
| Sugars, total....g | 0.25 | | 0 | FLA | 4 | | 0.35 | 0.28 | 0.15 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | | 0 | | 4 | | 33 | 26 | 14 |
| Iron, Fe....mg | 3.92 | | 0 | | 4 | | 5.61 | 4.51 | 2.43 |
| Magnesium, Mg....mg | 21 | | 0 | | 4 | | 30 | 24 | 13 |
| Phosphorus, P....mg | 79 | | 0 | | 4 | | 113 | 91 | 49 |
| Potassium, K....mg | 88 | | 0 | | 4 | | 126 | 101 | 55 |
| Sodium, Na....mg | 805 | | 0 | O | 4 | | 1151 | 926 | 499 |
| Zinc, Zn....mg | 0.94 | | 0 | | 4 | | 1.34 | 1.08 | 0.58 |
| Copper, Cu....mg | 0.126 | | 0 | | 4 | | 0.180 | 0.145 | 0.078 |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 17.2 | | 0 | BFZN | 4 | | 24.6 | 19.8 | 10.7 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.410 | | 0 | | 4 | | 0.586 | 0.472 | 0.254 |
| Riboflavin....mg | 0.290 | | 0 | | 4 | | 0.415 | 0.334 | 0.180 |
| Niacin....mg | 4.270 | | 0 | | 4 | | 6.106 | 4.911 | 2.647 |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.020 | | 0 | | 4 | | 0.029 | 0.023 | 0.012 |
| Folate, total....µg | 24 | | 0 | FLA | 4 | | 34 | 28 | 15 |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 24 | | 0 | FLA | 4 | | 34 | 28 | 15 |
| Folate, DFE....mcg_DFE | 24 | | 0 | NC | 4 | | 34 | 28 | 15 |
| Choline, total....mg | 17.7 | | 0 | FLA | 4 | | 25.3 | 20.4 | 11.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 7 | | 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 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | NC | 4 | | 1 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 17 | | 0 | FLA | 4 | | 24 | 19 | 10 |
| Vitamin E (alpha-tocopherol)....mg | 0.54 | | 0 | FLA | 4 | | 0.77 | 0.62 | 0.34 |
| 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 | 2.7 | | 0 | FLA | 4 | | 3.9 | 3.1 | 1.7 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 43109**
**Pretzels, soft**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.695 | | 0 | | 4 | | 0.994 | 0.799 | 0.431 |
| 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 | 0.009 | | 0 | | 4 | | 0.013 | 0.010 | 0.006 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.446 | | 0 | | 4 | | 0.638 | 0.513 | 0.277 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.243 | | 0 | | 4 | | 0.347 | 0.279 | 0.151 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.071 | | 0 | | 4 | | 1.532 | 1.232 | 0.664 |
| 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 | 1.070 | | 0 | | 4 | | 1.530 | 1.231 | 0.663 |
| 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 | 0.948 | | 0 | | 4 | | 1.356 | 1.090 | 0.588 |
| 18:2 undifferentiated....g | 0.892 | | 0 | | 4 | | 1.276 | 1.026 | 0.553 |
| 18:3 undifferentiated....g | 0.055 | | 0 | | 4 | | 0.079 | 0.063 | 0.034 |
| 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 | 3 | | 0 | | 4 | | 4 | 3 | 2 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 143g: 1 large

Measure 2 = 115g: 1 medium

Measure 3 = 62g: 1 small

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

**Food Group:** 25 Snacks

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

**NDB No. 25024**
**Pretzels, soft, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 15.00 | | 0 | | 4 | | 21.45 | 17.25 | 9.30 |
| Energy....kcal | 338 | | 0 | NC | 4 | | 484 | 389 | 210 |
| Energy....kJ | 1415 | | 0 | NC | 4 | | 2024 | 1628 | 878 |
| Protein....g | 8.20 | | 0 | | 4 | | 11.73 | 9.43 | 5.08 |
| Total lipid (fat)....g | 3.10 | | 0 | | 4 | | 4.43 | 3.57 | 1.92 |
| Ash....g | 2.66 | | 0 | O | 4 | | 3.80 | 3.06 | 1.65 |
| Carbohydrate, by difference....g | 71.04 | | 0 | NC | 4 | | 101.59 | 81.70 | 44.04 |
| Fiber, total dietary....g | 1.7 | | 0 | | 4 | | 2.4 | 2.0 | 1.1 |
| Sugars, total....g | 0.25 | | 0 | FLA | 4 | | 0.35 | 0.28 | 0.15 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | | 0 | | 4 | | 33 | 26 | 14 |
| Iron, Fe....mg | 3.92 | | 0 | | 4 | | 5.61 | 4.51 | 2.43 |
| Magnesium, Mg....mg | 21 | | 0 | | 4 | | 30 | 24 | 13 |
| Phosphorus, P....mg | 79 | | 0 | | 4 | | 113 | 91 | 49 |
| Potassium, K....mg | 88 | | 0 | | 4 | | 126 | 101 | 55 |
| Sodium, Na....mg | 690 | | 0 | O | 4 | | 987 | 794 | 428 |
| Zinc, Zn....mg | 0.94 | | 0 | | 4 | | 1.34 | 1.08 | 0.58 |
| Copper, Cu....mg | 0.126 | | 0 | | 4 | | 0.180 | 0.145 | 0.078 |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 17.2 | | 0 | BFZN | 4 | | 24.6 | 19.8 | 10.7 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.410 | | 0 | | 4 | | 0.586 | 0.472 | 0.254 |
| Riboflavin....mg | 0.290 | | 0 | | 4 | | 0.415 | 0.334 | 0.180 |
| Niacin....mg | 4.270 | | 0 | | 4 | | 6.106 | 4.911 | 2.647 |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.020 | | 0 | | 4 | | 0.029 | 0.023 | 0.012 |
| Folate, total....µg | 24 | | 0 | FLA | 4 | | 34 | 28 | 15 |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 24 | | 0 | FLA | 4 | | 34 | 28 | 15 |
| Folate, DFE....mcg_DFE | 24 | | 0 | NC | 4 | | 34 | 28 | 15 |
| Choline, total....mg | 17.7 | | 0 | FLA | 4 | | 25.3 | 20.4 | 11.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 7 | | 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 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | NC | 4 | | 1 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 17 | | 0 | FLA | 4 | | 24 | 19 | 10 |
| Vitamin E (alpha-tocopherol)....mg | 0.54 | | 0 | FLA | 4 | | 0.77 | 0.62 | 0.34 |
| 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 | | | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 2.7 | | 0 | FLA | 4 | | 3.9 | 3.1 | 1.7 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 25024**
**Pretzels, soft, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.695 | | 0 | | 4 | | 0.994 | 0.799 | 0.431 |
| 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 | 0.009 | | 0 | | 4 | | 0.013 | 0.010 | 0.006 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.446 | | 0 | | 4 | | 0.638 | 0.513 | 0.277 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.243 | | 0 | | 4 | | 0.347 | 0.279 | 0.151 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.071 | | 0 | | 4 | | 1.532 | 1.232 | 0.664 |
| 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 | 1.070 | | 0 | | 4 | | 1.530 | 1.231 | 0.663 |
| 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 | 0.948 | | 0 | | 4 | | 1.356 | 1.090 | 0.588 |
| 18:2 undifferentiated....g | 0.892 | | 0 | | 4 | | 1.276 | 1.026 | 0.553 |
| 18:3 undifferentiated....g | 0.055 | | 0 | | 4 | | 0.079 | 0.063 | 0.034 |
| 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 | 3 | | 0 | | 4 | | 4 | 3 | 2 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 143g: 1 large

Measure 2 = 115g: 1 medium

Measure 3 = 62g: 1 small

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

**Food Group:** 25 Snacks

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

**NDB No. 42204**
**Rice cake, cracker (include hain mini rice cakes)**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.80 | | 0 | | 4 | | 0.24 | | |
| Energy | kcal | 392 | | 0 | NC | 4 | | 16 | | |
| Energy | kJ | 1638 | | 0 | NC | 4 | | 69 | | |
| Protein | g | 7.10 | | 0 | | 4 | | 0.30 | | |
| Total lipid (fat) | g | 4.30 | | 0 | | 4 | | 0.18 | | |
| Ash | g | 1.70 | | 0 | BFSN | 4 | | 0.07 | | |
| Carbohydrate, by difference | g | 81.10 | | 0 | NC | 4 | | 3.41 | | |
| Fiber, total dietary | g | 4.2 | | 0 | | 4 | | 0.2 | | |
| Sugars, total | g | 0.88 | | 0 | BFSN | 4 | | 0.04 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 0 | | 4 | | 0 | | |
| Iron, Fe | mg | 1.49 | | 0 | | 4 | | 0.06 | | |
| Magnesium, Mg | mg | 131 | | 0 | | 4 | | 6 | | |
| Phosphorus, P | mg | 360 | | 0 | | 4 | | 15 | | |
| Potassium, K | mg | 428 | | 0 | | 4 | | 18 | | |
| Sodium, Na | mg | 71 | | 0 | | 4 | | 3 | | |
| Zinc, Zn | mg | 3.00 | | 0 | | 4 | | 0.13 | | |
| Copper, Cu | mg | 0.445 | | 0 | | 4 | | 0.019 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 24.6 | | 0 | BFZN | 4 | | 1.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.060 | | 0 | | 4 | | 0.003 | | |
| Riboflavin | mg | 0.160 | | 0 | | 4 | | 0.007 | | |
| Niacin | mg | 7.810 | | 0 | | 4 | | 0.328 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.150 | | 0 | | 4 | | 0.006 | | |
| Folate, total | µg | 21 | | 0 | | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 21 | | 0 | | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 21 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 18.9 | | 0 | FLA | 4 | | 0.8 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 7 | | 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 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.24 | | 0 | BFSN | 4 | | 0.05 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 1.9 | | 0 | BFSN | 4 | | 0.1 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 42204**
**Rice cake, cracker (include hain mini rice cakes)**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.875 | | 0 | | 4 | | 0.037 | | |
| 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 | | 7 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.015 | | 0 | | 4 | | 0.001 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.737 | | 0 | | 4 | | 0.031 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.077 | | 0 | | 4 | | 0.003 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.582 | | 0 | | 4 | | 0.066 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.015 | | 0 | | 4 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.566 | | 0 | | 4 | | 0.066 | | |
| 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 | 1.520 | | 0 | | 4 | | 0.064 | | |
| 18:2 undifferentiated....g | 1.490 | | 0 | | 4 | | 0.063 | | |
| 18:3 undifferentiated....g | 0.015 | | 0 | | 4 | | 0.001 | | |
| 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 | | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFSN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 4.2g: 1 cubic inch

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

**Food Group:** 25 Snacks

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

**NDB No. 19410**
**Snack, potato chips, made from dried potatoes, plain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.54 | 0.073 | 8 | A | 1 | | 0.72 | 5.04 | |
| Energy....kcal | 559 | | 0 | NC | 4 | | 158 | 1106 | |
| Energy....kJ | 2337 | | 0 | NC | 4 | | 663 | 4627 | |
| Protein (N x 6.25)....g | 4.45 | 0.049 | 8 | A | 1 | | 1.26 | 8.82 | |
| Total lipid (fat)....g | 38.41 | 0.315 | 8 | A | 1 | | 10.89 | 76.06 | |
| Ash....g | 2.57 | 0.068 | 8 | A | 1 | | 0.73 | 5.09 | |
| Carbohydrate, by difference....g | 52.02 | | 0 | NC | 4 | | 14.75 | 103.00 | |
| Fiber, total dietary....g | 3.1 | 0.241 | 8 | A | 1 | | 0.9 | 6.1 | |
| Sugars, total....g | 1.14 | 0.177 | 7 | A | 1 | | 0.32 | 2.26 | |
| Sucrose....g | 0.40 | 0.064 | 8 | A | 1 | | 0.11 | 0.78 | |
| Glucose (dextrose)....g | 0.14 | 0.037 | 8 | A | 1 | | 0.04 | 0.27 | |
| Fructose....g | 0.29 | 0.046 | 8 | A | 1 | | 0.08 | 0.57 | |
| Lactose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.32 | 0.124 | 7 | A | 1 | | 0.09 | 0.64 | |
| Galactose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 42.95 | 0.236 | 8 | A | 1 | | 12.18 | 85.04 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | 0.674 | 4 | A | 1 | | 8 | 54 | |
| Iron, Fe....mg | 0.82 | 0.028 | 4 | A | 1 | | 0.23 | 1.61 | |
| Magnesium, Mg....mg | 43 | 0.808 | 4 | A | 1 | | 12 | 86 | |
| Phosphorus, P....mg | 125 | 2.213 | 4 | A | 1 | | 36 | 248 | |
| Potassium, K....mg | 751 | 21.899 | 4 | A | 1 | | 213 | 1486 | |
| Sodium, Na....mg | 388 | 15.255 | 4 | A | 1 | | 110 | 768 | |
| Zinc, Zn....mg | 0.48 | 0.024 | 4 | A | 1 | | 0.14 | 0.96 | |
| Copper, Cu....mg | 0.123 | 0.016 | 4 | A | 1 | | 0.035 | 0.244 | |
| Manganese, Mn....mg | 0.274 | 0.006 | 4 | A | 1 | | 0.078 | 0.543 | |
| Selenium, Se....µg | 2.2 | 0.000 | 4 | A | 1 | | 0.6 | 4.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 8.2 | | 2 | | 1 | | 2.3 | 16.2 | |
| Thiamin....mg | 0.115 | 0.003 | 4 | A | 1 | | 0.033 | 0.228 | |
| Riboflavin....mg | 0.016 | 0.001 | 4 | A | 1 | | 0.005 | 0.032 | |
| Niacin....mg | 3.240 | 0.065 | 4 | A | 1 | | 0.919 | 6.415 | |
| Pantothenic acid....mg | 0.825 | | 2 | A | 1 | | 0.234 | 1.633 | |
| Vitamin B-6....mg | 0.407 | 0.005 | 4 | A | 1 | | 0.116 | 0.807 | |
| Folate, total....µg | 7 | | 1 | | 4 | | 2 | 14 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 7 | | 1 | | 4 | | 2 | 14 | |
| Folate, DFE....mcg_DFE | 7 | | 0 | NC | 4 | | 2 | 14 | |
| Choline, total....mg | 32.8 | | 0 | NR | 4 | | 9.3 | 64.9 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | 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 | | 1 | | 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 | 11.40 | 0.133 | 4 | A | 1 | | 3.23 | 22.57 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | 0.05 | 0.025 | 4 | A | 1 | | 0.02 | 0.11 | |
| Tocopherol, gamma....mg | 6.99 | 0.536 | 4 | A | 1 | | 1.98 | 13.85 | |
| Tocopherol, delta....mg | 0.09 | 0.033 | 4 | A | 1 | | 0.03 | 0.18 | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 19410**
**Snack, potato chips, made from dried potatoes, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 7.2 | | 0 | BFSN | 4 | | 2.0 | 14.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.492 | | 0 | NC | 4 | | 2.691 | 18.795 | |
| 4:0....g | 0.004 | 0.000 | 8 | A | 1 | | 0.001 | 0.009 | |
| 6:0....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.007 | 0.000 | 8 | A | 1 | | 0.002 | 0.014 | |
| 10:0....g | 0.012 | 0.003 | 8 | A | 1 | | 0.004 | 0.025 | |
| 12:0....g | 0.009 | 0.000 | 8 | A | 1 | | 0.003 | 0.019 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.258 | 0.010 | 8 | A | 1 | | 0.073 | 0.512 | |
| 15:0....g | 0.009 | 0.000 | 8 | A | 1 | | 0.003 | 0.018 | |
| 16:0....g | 8.078 | 0.277 | 8 | A | 1 | | 2.290 | 15.995 | |
| 17:0....g | 0.028 | 0.001 | 8 | A | 1 | | 0.008 | 0.056 | |
| 18:0....g | 0.947 | 0.022 | 8 | A | 1 | | 0.268 | 1.875 | |
| 20:0....g | 0.074 | 0.015 | 8 | A | 1 | | 0.021 | 0.147 | |
| 22:0....g | 0.045 | 0.012 | 8 | A | 1 | | 0.013 | 0.089 | |
| 24:0....g | 0.019 | 0.003 | 8 | A | 1 | | 0.005 | 0.038 | |
| Fatty acids, total monounsaturated....g | 7.048 | | 0 | NC | 4 | | 1.998 | 13.955 | |
| 14:1....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.177 | 0.007 | 8 | AS | 1 | | 0.050 | 0.350 | |
| 16:1 c....g | 0.177 | 0.007 | 8 | A | 1 | | 0.050 | 0.350 | |
| 16:1 t....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.000 | |
| 17:1....g | 0.012 | 0.002 | 8 | A | 1 | | 0.003 | 0.023 | |
| 18:1 undifferentiated....g | 6.803 | 0.618 | 8 | AS | 1 | | 1.929 | 13.469 | |
| 18:1 c....g | 6.758 | 0.620 | 8 | A | 1 | | 1.916 | 13.381 | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.044 | 0.008 | 8 | A | 1 | | 0.013 | 0.088 | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.038 | 0.004 | 8 | A | 1 | | 0.011 | 0.075 | |
| 22:1 undifferentiated....g | 0.001 | 0.000 | 8 | AS | 1 | | 0.000 | 0.001 | |
| 22:1 c....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.001 | |
| 22:1 t....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.001 | |
| 24:1 c....g | 0.018 | 0.001 | 8 | A | 1 | | 0.005 | 0.035 | |
| Fatty acids, total polyunsaturated....g | 13.594 | | 0 | NC | 4 | | 3.854 | 26.917 | |
| 18:2 undifferentiated....g | 13.492 | 2.550 | 8 | AS | 1 | | 3.825 | 26.715 | |
| 18:2 n-6 c,c....g | 13.290 | 2.548 | 8 | A | 1 | | 3.768 | 26.315 | |
| 18:2 CLAs....g | 0.047 | 0.002 | 8 | A | 1 | | 0.013 | 0.094 | |
| 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 | 0.155 | 0.004 | 8 | A | 1 | | 0.044 | 0.306 | |
| 18:3 undifferentiated....g | 0.070 | 0.007 | 8 | AS | 1 | | 0.020 | 0.140 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.070 | 0.007 | 8 | A | 1 | | 0.020 | 0.139 | |
| 18:3 n-6 c,c,c....g | | | | | | | | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.004 | 0.000 | 8 | A | 1 | | 0.001 | 0.007 | |
| 20:3 undifferentiated....g | 0.001 | 0.000 | 8 | AS | 1 | | 0.000 | 0.001 | |
| 20:3 n-3....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6....g | 0.001 | 0.000 | 8 | A | 1 | | 0.000 | 0.001 | |
| 20:4 undifferentiated....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | 0.001 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.017 | 0.005 | 8 | A | 1 | | 0.005 | 0.034 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.004 | 0.001 | 8 | A | 1 | | 0.001 | 0.007 | |
| 22:5 n-3 (DPA)....g | 0.002 | 0.001 | 8 | A | 1 | | 0.000 | 0.003 | |

**NDB No. 19410**
**Snack, potato chips, made from dried potatoes, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.004 | 0.001 | 8 | A | 1 | | 0.001 | 0.009 | |
| Fatty acids, total trans....g | 0.200 | | 0 | NC | 4 | | 0.057 | 0.395 | |
| Fatty acids, total trans-monoenoic....g | 0.045 | | 0 | NC | 4 | | 0.013 | 0.089 | |
| Fatty acids, total trans-polyenoic....g | 0.155 | | 0 | NC | 4 | | 0.044 | 0.306 | |
| Cholesterol....mg | 0 | | 2 | | 1 | | 0 | 0 | |
| Phytosterols....mg | 34 | | 0 | FLA | 4 | | 10 | 66 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.046 | | 0 | | 1 | | 0.013 | 0.091 | |
| Threonine....g | 0.258 | | 0 | | 1 | | 0.073 | 0.511 | |
| Isoleucine....g | 0.261 | | 0 | | 1 | | 0.074 | 0.517 | |
| Leucine....g | 0.389 | | 0 | | 1 | | 0.110 | 0.770 | |
| Lysine....g | 0.372 | | 0 | | 1 | | 0.105 | 0.737 | |
| Methionine....g | 0.069 | | 0 | | 1 | | 0.020 | 0.137 | |
| Cystine....g | 0.076 | | 0 | | 1 | | 0.022 | 0.150 | |
| Phenylalanine....g | 0.272 | | 0 | | 1 | | 0.077 | 0.539 | |
| Tyrosine....g | 0.233 | | 0 | | 1 | | 0.066 | 0.461 | |
| Valine....g | 0.346 | | 0 | | 1 | | 0.098 | 0.685 | |
| Arginine....g | 0.287 | | 0 | | 1 | | 0.081 | 0.568 | |
| Histidine....g | 0.132 | | 0 | | 1 | | 0.037 | 0.261 | |
| Alanine....g | 0.213 | | 0 | | 1 | | 0.060 | 0.422 | |
| Aspartic acid....g | 1.195 | | 0 | | 1 | | 0.339 | 2.366 | |
| Glutamic acid....g | 0.989 | | 0 | | 1 | | 0.280 | 1.958 | |
| Glycine....g | 0.204 | | 0 | | 1 | | 0.058 | 0.404 | |
| Proline....g | 0.215 | | 0 | | 1 | | 0.061 | 0.426 | |
| Serine....g | 0.243 | | 0 | | 1 | | 0.069 | 0.481 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (7 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 25051**
**Snacks, CLIF BAR, mixed flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 11.00 | | 0 | NR | 4 | | 7.48 | | |
| Energy | kcal | 346 | | 2 | LC | 8 | | 235 | | |
| Energy | kJ | 1446 | | 0 | LC | 8 | | 983 | | |
| Protein | g | 14.71 | | 2 | LC | 8 | | 10.00 | | |
| Total lipid (fat) | g | 5.88 | | 2 | LC | 8 | | 4.00 | | |
| Ash | g | 2.65 | | 0 | FLC | 4 | | 1.80 | | |
| Carbohydrate, by difference | g | 65.44 | | 2 | LC | 8 | | 44.50 | | |
| Fiber, total dietary | g | 7.4 | | 2 | LC | 8 | | 5.0 | | |
| Sugars, total | g | 31.62 | | 2 | LC | 8 | | 21.50 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 368 | | 2 | LC | 8 | | 250 | | |
| Iron, Fe | mg | 6.62 | | 2 | LC | 8 | | 4.50 | | |
| Magnesium, Mg | mg | 147 | | 2 | LC | 8 | | 100 | | |
| Phosphorus, P | mg | 294 | | 2 | LC | 8 | | 200 | | |
| Potassium, K | mg | 412 | | 2 | LC | 8 | | 280 | | |
| Sodium, Na | mg | 195 | | 2 | LC | 8 | | 133 | | |
| Zinc, Zn | mg | 4.41 | | 2 | LC | 8 | | 3.00 | | |
| Copper, Cu | mg | 0.441 | | 2 | LC | 8 | | 0.300 | | |
| Manganese, Mn | mg | 2.146 | | 0 | FLC | 4 | | 1.459 | | |
| Selenium, Se | µg | 20.6 | | 2 | LC | 8 | | 14.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 88.2 | | 2 | LC | 8 | | 60.0 | | |
| Thiamin | mg | 0.551 | | 2 | LC | 8 | | 0.375 | | |
| Riboflavin | mg | 0.375 | | 2 | LC | 8 | | 0.255 | | |
| Niacin | mg | 4.412 | | 2 | LC | 8 | | 3.000 | | |
| Pantothenic acid | mg | 2.206 | | 2 | LC | 8 | | 1.500 | | |
| Vitamin B-6 | mg | 0.588 | | 2 | LC | 8 | | 0.400 | | |
| Folate, total | µg | 118 | | 2 | LC | 8 | | 80 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 118 | | 0 | NR | 4 | | 80 | | |
| Folate, DFE | mcg_DFE | 118 | | 0 | NC | 4 | | 80 | | |
| Choline, total | mg | 46.2 | | 0 | FLC | 4 | | 31.4 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 1.32 | | 2 | LC | 8 | | 0.90 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 12 | | 0 | FLC | 4 | | 8 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 20 | | 0 | NC | 4 | | 14 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 37 | | 0 | FLC | 4 | | 25 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | | 0 | FLC | 4 | | 0.16 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | 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 | 36.8 | | 1 | LC | 8 | | 25.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25051**
**Snacks, CLIF BAR, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.471 | | 2 | LC | 8 | | 1.000 | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 12:0....g | 0.005 | | 0 | FLC | 4 | | 0.003 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.012 | | 0 | FLC | 4 | | 0.008 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.533 | | 0 | FLC | 4 | | 0.362 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.117 | | 0 | FLC | 4 | | 0.080 | | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 1.093 | | 0 | FLC | 4 | | 0.743 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.011 | | 0 | FLC | 4 | | 0.007 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.082 | | 0 | FLC | 4 | | 0.736 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.182 | | 0 | FLC | 4 | | 1.484 | | |
| 18:2 undifferentiated....g | 1.963 | | 0 | FLC | 4 | | 1.335 | | |
| 18:3 undifferentiated....g | 0.219 | | 0 | FLC | 4 | | 0.149 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 2 | LC | 8 | | 0.000 | | |
| 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 = 68g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19272**
**Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 14.70 | | 1 | A | 1 | | 3.82 | | |
| Energy....kcal | 341 | | 0 | NC | 4 | | 89 | | |
| Energy....kJ | 1428 | | | | 4 | | 371 | | |
| Protein....g | 4.40 | | 1 | A | 1 | | 1.14 | | |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Ash....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Carbohydrate, by difference....g | 80.90 | | 0 | NC | 4 | | 21.03 | | |
| 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 | 36 | | 1 | A | 1 | | 9 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 90.3 | | 1 | A | 1 | | 23.5 | | |
| 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 | 5436 | | 1 | MA | 12 | | 1413 | | |
| 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 | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 26g: 1 pouch

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

**NDB No. 19272**

**Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E**

**Food Group:** 25 Snacks

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

**NDB No. 25023**
**Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar 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 | 2.50 | | 0 | O | 4 | | 0.71 | | |
| Energy | kcal | 491 | | 0 | NC | 4 | | 139 | | |
| Energy | kJ | 2055 | | 0 | NC | 4 | | 583 | | |
| Protein | g | 8.08 | | 0 | O | 4 | | 2.29 | | |
| Total lipid (fat) | g | 22.22 | | 0 | O | 4 | | 6.30 | | |
| Ash | g | 2.50 | | 0 | O | 4 | | 0.71 | | |
| Carbohydrate, by difference | g | 64.70 | | 0 | NC | 4 | | 18.34 | | |
| Fiber, total dietary | g | 8.1 | | 0 | O | 4 | | 2.3 | | |
| Sugars, total | g | 7.05 | | 0 | O | 4 | | 2.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 41 | | 0 | NR | 4 | | 11 | | |
| Iron, Fe | mg | 1.41 | | 0 | O | 4 | | 0.40 | | |
| Magnesium, Mg | mg | 61 | | 0 | O | 4 | | 17 | | |
| Phosphorus, P | mg | 245 | | 0 | O | 4 | | 69 | | |
| Potassium, K | mg | 238 | | 0 | O | 4 | | 67 | | |
| Sodium, Na | mg | 705 | | 0 | T | 4 | | 200 | | |
| Zinc, Zn | mg | 1.34 | | 0 | O | 4 | | 0.38 | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | NR | 4 | | 0.2 | | |
| Thiamin | mg | 0.169 | | 0 | O | 4 | | 0.048 | | |
| Riboflavin | mg | 0.120 | | 0 | O | 4 | | 0.034 | | |
| Niacin | mg | 1.975 | | 0 | O | 4 | | 0.560 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.269 | | 0 | NR | 4 | | 0.076 | | |
| Folate, total | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Folic acid | µg | | | | | | | | | |
| Folate, food | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 22 | | 0 | NC | 4 | | 6 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 222 | | 0 | O | 4 | | 63 | | |
| 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 | 2.892 | | 0 | O | 4 | | 0.820 | | |

**NDB No. 25023**

**Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar 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 monounsaturated.....g | 12.557 | | 0 | O | 4 | | 3.560 | | |
| Fatty acids, total polyunsaturated.....g | 6.631 | | 0 | O | 4 | | 1.880 | | |
| Fatty acids, total trans.....g | 0.176 | | 0 | O | 4 | | 0.050 | | |
| Cholesterol.....mg | 4 | | 0 | O | 4 | | 1 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25013**
**Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.04 | 0.046 | 4 | A | 1 | | 0.58 | | |
| Energy | kcal | 491 | | 0 | NC | 4 | | 139 | | |
| Energy | kJ | 2054 | | 0 | NC | 4 | | 582 | | |
| Protein | g | 7.95 | 0.064 | 4 | A | 1 | | 2.25 | | |
| Total lipid (fat) | g | 21.11 | 0.191 | 4 | A | 1 | | 5.98 | | |
| Ash | g | 1.63 | 0.101 | 4 | A | 1 | | 0.46 | | |
| Carbohydrate, by difference | g | 67.26 | | 0 | NC | 4 | | 19.07 | | |
| Fiber, total dietary | g | 8.8 | | 0 | T | 4 | | 2.5 | | |
| Sugars, total | g | 7.20 | 0.118 | 4 | A | 1 | | 2.04 | | |
| Sucrose | g | 6.90 | 0.074 | 4 | A | 1 | | 1.96 | | |
| Glucose (dextrose) | g | 0.16 | 0.031 | 4 | A | 1 | | 0.05 | | |
| Fructose | g | 0.13 | 0.038 | 4 | A | 1 | | 0.04 | | |
| Lactose | g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Maltose | g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Galactose | g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | 1.059 | 4 | A | 1 | | 6 | | |
| Iron, Fe | mg | 1.74 | 0.005 | 4 | A | 1 | | 0.49 | | |
| Magnesium, Mg | mg | 76 | 0.482 | 4 | A | 1 | | 22 | | |
| Phosphorus, P | mg | 222 | 0.250 | 4 | A | 1 | | 63 | | |
| Potassium, K | mg | 232 | 2.496 | 4 | A | 1 | | 66 | | |
| Sodium, Na | mg | 423 | | 0 | T | 4 | | 120 | | |
| Zinc, Zn | mg | 1.65 | 0.012 | 4 | A | 1 | | 0.47 | | |
| Copper, Cu | mg | 0.227 | 0.004 | 4 | A | 1 | | 0.064 | | |
| Manganese, Mn | mg | 1.310 | 0.018 | 4 | A | 1 | | 0.371 | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Thiamin | mg | 0.140 | | 1 | A | 1 | | 0.040 | | |
| Riboflavin | mg | 0.020 | | 1 | A | 1 | | 0.006 | | |
| Niacin | mg | 2.100 | | 1 | A | 1 | | 0.595 | | |
| Pantothenic acid | mg | 0.900 | | 1 | A | 1 | | 0.255 | | |
| Vitamin B-6 | mg | 0.200 | | 1 | A | 1 | | 0.057 | | |
| Folate, total | µg | 25 | | 1 | A | 1 | | 7 | | |
| Folic acid | µg | 8 | | 1 | A | 1 | | 2 | | |
| Folate, food | µg | 17 | | 0 | AS | 1 | | 5 | | |
| Folate, DFE | mcg_DFE | 31 | | 0 | NC | 4 | | 9 | | |
| Choline, total | mg | 14.8 | | 0 | AS | 1 | | 4.2 | | |
| Betaine | mg | 39.1 | | 1 | A | 1 | | 11.1 | | |
| Vitamin B-12 | µg | 0.00 | | 0 | Z | 7 | | 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 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene | µg | | | | | | | | | |
| Lutein + zeaxanthin | µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 7.04 | 0.086 | 4 | A | 1 | | 2.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | 0.24 | 0.003 | 4 | A | 1 | | 0.07 | | |
| Tocopherol, gamma | mg | 1.43 | 0.040 | 4 | A | 1 | | 0.41 | | |
| Tocopherol, delta | mg | 0.11 | 0.006 | 4 | A | 1 | | 0.03 | | |
| Vitamin D (D2 + D3) | µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |

**NDB No. 25013**
**Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original 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 |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 2.4 | 0.150 | 4 | A | 1 | | 0.7 | | |
| Dihydrophylloquinone....µg | 0.1 | 0.025 | 4 | A | 1 | | 0.0 | | |
| Menaquinone-4....µg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.166 | | 0 | NC | 4 | | 0.614 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 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 | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 15:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 16:0....g | 1.265 | 0.017 | 4 | A | 1 | | 0.359 | | |
| 17:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:0....g | 0.687 | 0.010 | 4 | A | 1 | | 0.195 | | |
| 20:0....g | 0.062 | 0.001 | 4 | A | 1 | | 0.017 | | |
| 22:0....g | 0.152 | 0.002 | 4 | A | 1 | | 0.043 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 11.501 | | 0 | NC | 4 | | 3.261 | | |
| 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 | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 17:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated....g | 11.447 | | 0 | AS | 1 | | 3.245 | | |
| 18:1 c....g | 11.423 | 0.178 | 4 | A | 1 | | 3.238 | | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.025 | 0.001 | 4 | A | 1 | | 0.007 | | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.054 | 0.001 | 4 | A | 1 | | 0.015 | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 6.513 | | 0 | NC | 4 | | 1.846 | | |
| 18:2 undifferentiated....g | 6.420 | | 0 | AS | 1 | | 1.820 | | |
| 18:2 n-6 c,c....g | 6.357 | 0.052 | 4 | A | 1 | | 1.802 | | |
| 18:2 CLAs....g | | | | | | | | | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | 0.063 | 0.004 | 4 | A | 1 | | 0.018 | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.093 | | 0 | AS | 1 | | 0.026 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.093 | 0.001 | 4 | A | 1 | | 0.026 | | |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.088 | | 0 | NC | 4 | | 0.025 | | |
| Fatty acids, total trans-monoenoic....g | 0.025 | | 0 | NC | 4 | | 0.007 | | |
| Fatty acids, total trans-polyenoic....g | 0.063 | | 0 | NC | 4 | | 0.018 | | |
| Cholesterol....mg | | | | | | | | | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 25013**

**Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original 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 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.070 | | 0 | A | 1 | | 0.020 | | |
| Threonine....g | 0.230 | | 0 | A | 1 | | 0.065 | | |
| Isoleucine....g | 0.180 | | 0 | A | 1 | | 0.051 | | |
| Leucine....g | 0.880 | | 0 | A | 1 | | 0.249 | | |
| Lysine....g | 0.200 | | 0 | A | 1 | | 0.057 | | |
| Methionine....g | 0.150 | | 0 | A | 1 | | 0.043 | | |
| Cystine....g | 0.120 | | 0 | A | 1 | | 0.034 | | |
| Phenylalanine....g | 0.340 | | 0 | A | 1 | | 0.096 | | |
| Tyrosine....g | 0.170 | | 0 | A | 1 | | 0.048 | | |
| Valine....g | 0.280 | | 0 | A | 1 | | 0.079 | | |
| Arginine....g | 0.340 | | 0 | A | 1 | | 0.096 | | |
| Histidine....g | 0.160 | | 0 | A | 1 | | 0.045 | | |
| Alanine....g | 0.430 | | 0 | A | 1 | | 0.122 | | |
| Aspartic acid....g | 0.610 | | 0 | A | 1 | | 0.173 | | |
| Glutamic acid....g | 1.970 | | 0 | A | 1 | | 0.559 | | |
| Glycine....g | 0.350 | | 0 | A | 1 | | 0.099 | | |
| Proline....g | 0.700 | | 0 | A | 1 | | 0.198 | | |
| Serine....g | 0.500 | | 0 | A | 1 | | 0.142 | | |
| Hydroxyproline....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25022**
**Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.04 | | 1 | NR | 4 | | 0.58 | | |
| Energy | kcal | 496 | | 0 | NC | 4 | | 141 | | |
| Energy | kJ | 2075 | | 0 | NC | 4 | | 588 | | |
| Protein | g | 8.68 | | 1 | NR | 4 | | 2.46 | | |
| Total lipid (fat) | g | 22.15 | | 1 | NR | 4 | | 6.28 | | |
| Ash | g | 1.63 | | 1 | NC | 4 | | 0.46 | | |
| Carbohydrate, by difference | g | 65.49 | | 0 | NC | 4 | | 18.57 | | |
| Fiber, total dietary | g | 7.8 | | 1 | NR | 4 | | 2.2 | | |
| Sugars, total | g | 8.82 | | 1 | NR | 4 | | 2.50 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 42 | | 1 | NR | 4 | | 12 | | |
| Iron, Fe | mg | 1.55 | | 1 | NR | 4 | | 0.44 | | |
| Magnesium, Mg | mg | 67 | | 1 | NR | 4 | | 19 | | |
| Phosphorus, P | mg | 215 | | 1 | NR | 4 | | 61 | | |
| Potassium, K | mg | 257 | | 1 | NR | 4 | | 73 | | |
| Sodium, Na | mg | 467 | | 1 | NR | 4 | | 132 | | |
| Zinc, Zn | mg | 1.38 | | 1 | NR | 4 | | 0.39 | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | NR | 4 | | 0.2 | | |
| Thiamin | mg | 0.187 | | 1 | NR | 4 | | 0.053 | | |
| Riboflavin | mg | 0.018 | | 1 | NR | 4 | | 0.005 | | |
| Niacin | mg | 2.399 | | 1 | NR | 4 | | 0.680 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.289 | | 1 | NR | 4 | | 0.082 | | |
| Folate, total | µg | 18 | | 0 | NR | 4 | | 5 | | |
| Folic acid | µg | | | | | | | | | |
| Folate, food | µg | 18 | | 0 | NR | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | Z | 7 | | 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 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | NR | 4 | | 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 | 2.469 | | 0 | O | 4 | | 0.700 | | |

**NDB No. 25022**
**Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion 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 monounsaturated.....g | 12.698 | | 0 | O | 4 | | 3.600 | | |
| Fatty acids, total polyunsaturated.....g | 6.513 | | 0 | NC | 4 | | 1.846 | | |
| Fatty acids, total trans.....g | 0.095 | | 0 | T | 4 | | 0.027 | | |
| Cholesterol.....mg | 5 | | 0 | NR | 4 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19269**

**Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 10.20 | | 1 | A | 1 | | 2.86 | | |
| Energy....kcal | 373 | | 0 | NC | 4 | | 104 | | |
| Energy....kJ | 1559 | | | | 4 | | 437 | | |
| Protein....g | 0.10 | | 1 | A | 1 | | 0.03 | | |
| Total lipid (fat)....g | 3.50 | | 1 | A | 1 | | 0.98 | | |
| Ash....g | 1.00 | | 1 | A | 1 | | 0.28 | | |
| Carbohydrate, by difference....g | 85.20 | | 0 | NC | 4 | | 23.86 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 38.70 | | 1 | A | 1 | | 10.84 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 317 | | 1 | A | 1 | | 89 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 3.2 | 0.387 | 12 | A | 1 | | 0.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 120.0 | | 1 | A | 1 | | 33.6 | | |
| 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 | | | | | | | | | |
| 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 | 0.990 | | 1 | A | 1 | | 0.277 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 10:0....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 12:0....g | 0.008 | | 1 | A | 1 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.023 | | 1 | A | 1 | | 0.006 | | |
| 15:0....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 16:0....g | 0.614 | | 1 | A | 1 | | 0.172 | | |
| 17:0....g | 0.004 | | 1 | A | 1 | | 0.001 | | |

**NDB No. 19269**

**Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 18:0....g | 0.330 | | 1 | A | 1 | | 0.092 | | |
| 20:0....g | 0.010 | | 1 | A | 1 | | 0.003 | | |
| 22:0....g | 0.006 | | 1 | A | 1 | | 0.002 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.724 | | 0 | | 4 | | 0.483 | | |
| 14:1....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.014 | | 1 | A | 1 | | 0.004 | | |
| 17:1....g | 0.004 | | 1 | A | 1 | | 0.001 | | |
| 18:1 undifferentiated....g | 1.703 | | 1 | A | 1 | | 0.477 | | |
| 20:1....g | 0.006 | | 1 | A | 1 | | 0.002 | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.093 | | 0 | | 4 | | 0.026 | | |
| 18:2 undifferentiated....g | 0.080 | | 1 | A | 1 | | 0.022 | | |
| 18:3 undifferentiated....g | 0.011 | | 1 | A | 1 | | 0.003 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 20:4 undifferentiated....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 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 = 28g: 2 rolls

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

**Food Group:** 25 Snacks

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

**NDB No. 19033**

**Snacks, GENERAL MILLS, CHEX MIX, traditional flavor**

*General Mills Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 2.64 | 0.222 | 4 | A | 1 | | 0.75 | 1.24 | 1.29 |
| Energy ... kcal | 424 | | 0 | NC | 4 | | 120 | 199 | 208 |
| Energy ... kJ | 1776 | | 0 | NC | 4 | | 503 | 835 | 870 |
| Protein (N x 5.9) ... g | 8.83 | 0.103 | 4 | A | 1 | | 2.50 | 4.15 | 4.33 |
| Total lipid (fat) ... g | 10.00 | 0.504 | 4 | A | 1 | | 2.84 | 4.70 | 4.90 |
| Ash ... g | 3.75 | 0.116 | 4 | A | 1 | | 1.06 | 1.76 | 1.84 |
| Carbohydrate, by difference ... g | 74.77 | | 0 | NC | 4 | | 21.20 | 35.14 | 36.64 |
| Fiber, total dietary ... g | 3.9 | 0.144 | 4 | A | 1 | | 1.1 | 1.8 | 1.9 |
| Sugars, total ... g | 4.85 | 0.316 | 4 | A | 1 | | 1.38 | 2.28 | 2.38 |
| Sucrose ... g | 3.77 | 0.242 | 4 | A | 1 | | 1.07 | 1.77 | 1.85 |
| Glucose (dextrose) ... g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Fructose ... g | 0.27 | 0.061 | 4 | A | 1 | | 0.08 | 0.13 | 0.13 |
| Lactose ... g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose ... g | 0.81 | 0.029 | 4 | A | 1 | | 0.23 | 0.38 | 0.40 |
| Galactose ... g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch ... g | 59.90 | 0.294 | 4 | A | 1 | | 16.98 | 28.15 | 29.35 |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 34 | 0.913 | 4 | A | 1 | | 10 | 16 | 17 |
| Iron, Fe ... mg | 2.99 | 0.074 | 4 | A | 1 | | 0.85 | 1.40 | 1.46 |
| Magnesium, Mg ... mg | 41 | 0.974 | 4 | A | 1 | | 11 | 19 | 20 |
| Phosphorus, P ... mg | 154 | 3.028 | 4 | A | 1 | | 44 | 72 | 75 |
| Potassium, K ... mg | 196 | 2.723 | 4 | A | 1 | | 55 | 92 | 96 |
| Sodium, Na ... mg | 741 | | 0 | LC | 8 | | 210 | 348 | 363 |
| Zinc, Zn ... mg | 1.08 | 0.046 | 4 | A | 1 | | 0.31 | 0.51 | 0.53 |
| Copper, Cu ... mg | 0.146 | 0.006 | 4 | A | 1 | | 0.041 | 0.069 | 0.072 |
| Manganese, Mn ... mg | 0.824 | 0.032 | 4 | A | 1 | | 0.234 | 0.387 | 0.404 |
| Selenium, Se ... µg | 9.9 | 0.476 | 4 | A | 1 | | 2.8 | 4.7 | 4.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | | | | | | | | | |
| Thiamin ... mg | 0.342 | 0.005 | 4 | A | 1 | | 0.097 | 0.161 | 0.168 |
| Riboflavin ... mg | 0.210 | 0.017 | 4 | A | 1 | | 0.060 | 0.099 | 0.103 |
| Niacin ... mg | 4.352 | 0.112 | 4 | A | 1 | | 1.234 | 2.046 | 2.133 |
| Pantothenic acid ... mg | 0.465 | 0.010 | 4 | A | 1 | | 0.132 | 0.219 | 0.228 |
| Vitamin B-6 ... mg | 0.092 | 0.006 | 4 | A | 1 | | 0.026 | 0.043 | 0.045 |
| Folate, total ... µg | 50 | | 0 | O | 4 | | 14 | 24 | 25 |
| Folic acid ... µg | 50 | | 0 | O | 4 | | 14 | 24 | 25 |
| Folate, food ... µg | 0 | | 0 | O | 4 | | 0 | 0 | 0 |
| Folate, DFE ... mcg_DFE | 85 | | 0 | NC | 4 | | 24 | 40 | 42 |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... µg | | | | | | | | | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | AS | 1 | | 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 | AS | 1 | | 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 | | | | | | | | | |

**NDB No. 19033**
**Snacks, GENERAL MILLS, CHEX MIX, traditional 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 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.499 | | 0 | NC | 4 | | 0.425 | 0.704 | 0.734 |
| 4:0....g | 0.010 | 0.000 | 4 | A | 1 | | 0.003 | 0.005 | 0.005 |
| 6:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.008 | 0.000 | 4 | A | 1 | | 0.002 | 0.004 | 0.004 |
| 10:0....g | 0.003 | 0.000 | 4 | A | 1 | | 0.001 | 0.002 | 0.002 |
| 12:0....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | 0.001 | 0.001 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.008 | 0.000 | 4 | A | 1 | | 0.002 | 0.004 | 0.004 |
| 15:0....g | 0.003 | 0.000 | 4 | A | 1 | | 0.001 | 0.002 | 0.002 |
| 16:0....g | 1.020 | 0.025 | 4 | A | 1 | | 0.289 | 0.479 | 0.500 |
| 17:0....g | 0.010 | 0.000 | 4 | A | 1 | | 0.003 | 0.005 | 0.005 |
| 18:0....g | 0.435 | 0.017 | 4 | A | 1 | | 0.123 | 0.205 | 0.213 |
| 20:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated....g | 2.921 | | 0 | NC | 4 | | 0.828 | 1.373 | 1.431 |
| 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 | 0.011 | 0.000 | 4 | AS | 1 | | 0.003 | 0.005 | 0.006 |
| 16:1 c....g | 0.011 | 0.000 | 4 | A | 1 | | 0.003 | 0.005 | 0.006 |
| 16:1 t....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 | 2.859 | 0.094 | 4 | AS | 1 | | 0.811 | 1.344 | 1.401 |
| 18:1 c....g | 2.500 | 0.069 | 4 | A | 1 | | 0.709 | 1.175 | 1.225 |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.360 | 0.026 | 4 | A | 1 | | 0.102 | 0.169 | 0.176 |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.044 | 0.001 | 4 | A | 1 | | 0.013 | 0.021 | 0.022 |
| 22:1 undifferentiated....g | 0.004 | 0.003 | 4 | AS | 1 | | 0.001 | 0.002 | 0.002 |
| 22:1 c....g | 0.004 | 0.002 | 4 | A | 1 | | 0.001 | 0.002 | 0.002 |
| 22:1 t....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | 0.002 | 0.000 | 4 | A | 1 | | 0.000 | 0.001 | 0.001 |
| Fatty acids, total polyunsaturated....g | 4.473 | | 0 | NC | 4 | | 1.268 | 2.102 | 2.192 |
| 18:2 undifferentiated....g | 3.938 | 0.065 | 4 | AS | 1 | | 1.116 | 1.851 | 1.930 |
| 18:2 n-6 c,c....g | 3.845 | 0.062 | 4 | A | 1 | | 1.090 | 1.807 | 1.884 |
| 18:2 CLAs....g | 0.010 | 0.001 | 4 | A | 1 | | 0.003 | 0.005 | 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 | 0.083 | 0.004 | 4 | A | 1 | | 0.024 | 0.039 | 0.041 |
| 18:3 undifferentiated....g | 0.526 | 0.009 | 4 | AS | 1 | | 0.149 | 0.247 | 0.258 |
| 18:3 n-3 c,c,c (ALA)....g | 0.526 | 0.009 | 4 | A | 1 | | 0.149 | 0.247 | 0.258 |
| 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 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.002 | 0.000 | 4 | A | 1 | | 0.001 | 0.001 | 0.001 |
| 20:3 undifferentiated....g | 0.002 | 0.000 | 4 | AS | 1 | | 0.000 | 0.001 | 0.001 |
| 20:3 n-3....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-6....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | 0.001 | 0.001 |
| 20:4 undifferentiated....g | 0.001 | 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 | 0.002 | 0.000 | 4 | A | 1 | | 0.001 | 0.001 | 0.001 |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.001 | 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 | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | 0.443 | | 0 | NC | 4 | | 0.126 | 0.208 | 0.217 |
| Fatty acids, total trans-monoenoic....g | 0.360 | | 0 | NC | 4 | | 0.102 | 0.169 | 0.177 |

**NDB No. 19033**
**Snacks, GENERAL MILLS, CHEX MIX, traditional 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 trans-polyenoic.....g | 0.083 | | 0 | NC | 4 | | 0.024 | 0.039 | 0.041 |
| 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 = 28.35g: 1 oz

Measure 2 = 47g: 1 cup

Measure 3 = 49g: 1 package

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

**Food Group:** 25 Snacks

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

**NDB No. 19441**
**Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 14.43 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 376 | | 0 | NC | 4 | | | | |
| Energy | kJ | 1573 | | 0 | NC | 4 | | | | |
| Protein | g | 5.41 | | 1 | LC | 8 | | | | |
| Total lipid (fat) | g | 8.11 | | 1 | LC | 8 | | | | |
| Ash | g | 1.73 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 70.33 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 3.6 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 32.43 | | 1 | LC | 8 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 541 | | 1 | LC | 8 | | | | |
| Iron, Fe | mg | 4.86 | | 1 | LC | 8 | | | | |
| Magnesium, Mg | mg | 46 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 148 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 250 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 283 | | 0 | FLC | 4 | | | | |
| Zinc, Zn | mg | 0.90 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.126 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 0.795 | | 0 | FLC | 4 | | | | |
| Selenium, Se | µg | 7.7 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 7.8 | | 0 | FLC | 4 | | | | |
| Thiamin | mg | 0.608 | | 1 | LC | 8 | | | | |
| Riboflavin | mg | 1.149 | | 1 | LC | 8 | | | | |
| Niacin | mg | 13.514 | | 1 | LC | 8 | | | | |
| Pantothenic acid | mg | 0.530 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 1.400 | | 0 | LC | 8 | | | | |
| Folate, total | µg | 108 | | 1 | LC | 8 | | | | |
| Folic acid | µg | 0 | | 0 | NR | 4 | | | | |
| Folate, food | µg | 108 | | 1 | LC | 8 | | | | |
| Folate, DFE | mcg_DFE | 108 | | 0 | NC | 4 | | | | |
| Choline, total | mg | 44.6 | | 0 | FLC | 4 | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.30 | | 0 | FLC | 4 | | | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 604 | | 0 | NC | 4 | | | | |
| Retinol | µg | 603 | | 0 | FLC | 4 | | | | |
| Carotene, beta | µg | 8 | | 0 | FLC | 4 | | | | |
| Carotene, alpha | µg | 4 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta | µg | 2 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 2027 | | 1 | LC | 8 | | | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin | µg | 37 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.88 | | 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 | 0.8 | | 0 | FLC | 4 | | | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 33 | | 0 | FLC | 4 | | | | |
| Vitamin K (phylloquinone) | µg | 15.3 | | 0 | FLC | 4 | | | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19441**
**Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.215 | | 0 | FLC | 4 | | | | |
| 4:0....g | 0.002 | | 0 | FLC | 4 | | | | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 8:0....g | 0.001 | | 0 | FLC | 4 | | | | |
| 10:0....g | 0.001 | | 0 | FLC | 4 | | | | |
| 12:0....g | 0.002 | | 0 | FLC | 4 | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.014 | | 0 | FLC | 4 | | | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:0....g | 0.971 | | 0 | FLC | 4 | | | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:0....g | 0.223 | | 0 | FLC | 4 | | | | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total monounsaturated....g | 1.000 | | 0 | FLC | 4 | | | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.034 | | 0 | FLC | 4 | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.966 | | 0 | FLC | 4 | | | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.620 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated....g | 3.215 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated....g | 0.405 | | 0 | FLC | 4 | | | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 1 | | 0 | FLC | 4 | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 25 Snacks

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

**NDB No. 19439**

**Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 5.00 | | 0 | MC | 9 | | 1.85 | | |
| Energy ... kcal | 390 | | 0 | MC | 9 | | 144 | | |
| Energy ... kJ | 1632 | | 0 | MC | 9 | | 604 | | |
| Protein ... g | 8.00 | | 0 | MC | 9 | | 2.96 | | |
| Total lipid (fat) ... g | 7.40 | | 0 | MC | 9 | | 2.74 | | |
| Ash ... g | 1.60 | | 0 | MC | 9 | | 0.59 | | |
| Carbohydrate, by difference ... g | 78.00 | | 0 | MC | 9 | | 28.86 | | |
| Fiber, total dietary ... g | 6.2 | | 0 | MC | 9 | | 2.3 | | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 35 | | 0 | MC | 9 | | 13 | | |
| Iron, Fe ... mg | 8.60 | | 0 | MC | 9 | | 3.18 | | |
| Magnesium, Mg ... mg | 87 | | 0 | MC | 9 | | 32 | | |
| Phosphorus, P ... mg | 248 | | 0 | MC | 9 | | 92 | | |
| Potassium, K ... mg | 249 | | 0 | MC | 9 | | 92 | | |
| Sodium, Na ... mg | 291 | | 0 | MC | 9 | | 108 | | |
| Zinc, Zn ... mg | 2.20 | | 0 | MC | 9 | | 0.81 | | |
| Copper, Cu ... mg | 0.700 | | 0 | MC | 9 | | 0.259 | | |
| Manganese, Mn ... mg | 1.797 | | 0 | FLC | 4 | | 0.665 | | |
| Selenium, Se ... µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin ... mg | 0.700 | | 0 | MC | 9 | | 0.259 | | |
| Riboflavin ... mg | 0.800 | | 0 | MC | 9 | | 0.296 | | |
| Niacin ... mg | 9.500 | | 0 | MC | 9 | | 3.515 | | |
| Pantothenic acid ... mg | 0.671 | | 0 | FLC | 4 | | 0.248 | | |
| Vitamin B-6 ... mg | 1.000 | | 0 | MC | 9 | | 0.370 | | |
| Folate, total ... µg | 0 | | 0 | MC | 9 | | 0 | | |
| Folic acid ... µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food ... µg | 0 | | 0 | MC | 9 | | 0 | | |
| Folate, DFE ... mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... µg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Vitamin A, RAE ... mcg_RAE | 713 | | 0 | NC | 4 | | 264 | | |
| Retinol ... µg | 713 | | 0 | NC | 4 | | 264 | | |
| Carotene, beta ... µg | | | | | | | | | |
| Carotene, alpha ... µg | | | | | | | | | |
| Cryptoxanthin, beta ... µg | | | | | | | | | |
| Vitamin A, IU ... IU | 2381 | | 0 | MC | 9 | | 881 | | |
| 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 | 1.100 | | 0 | MC | 9 | | 0.407 | | |
| 4:0 ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19439**

**Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 ... g | 0.000 | | 0 | 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 | 0.009 | | 0 | FLC | 4 | | 0.003 | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.684 | | 0 | FLC | 4 | | 0.253 | | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.237 | | 0 | FLC | 4 | | 0.088 | | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.800 | | 0 | MC | 9 | | 0.666 | | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 1.769 | | 0 | FLC | 4 | | 0.655 | | |
| 20:1 ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 4.500 | | 0 | MC | 9 | | 1.665 | | |
| 18:2 undifferentiated ... g | 4.038 | | 0 | FLC | 4 | | 1.494 | | |
| 18:3 undifferentiated ... g | 0.043 | | 0 | FLC | 4 | | 0.016 | | |
| 18:4 ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA) ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA) ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA) ... g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 0 | | 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 = 37g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19438**
**Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 5.90 | | 0 | MC | 9 | | 2.18 | | |
| Energy....kcal | 414 | | 0 | MC | 9 | | 153 | | |
| Energy....kJ | 1732 | | 0 | MC | 9 | | 641 | | |
| Protein....g | 3.40 | | 0 | MC | 9 | | 1.26 | | |
| Total lipid (fat)....g | 9.00 | | 0 | MC | 9 | | 3.33 | | |
| Ash....g | 1.20 | | 0 | MC | 9 | | 0.44 | | |
| Carbohydrate, by difference....g | 80.50 | | 0 | MC | 9 | | 29.79 | | |
| Fiber, total dietary....g | 0.6 | | 0 | MC | 9 | | 0.2 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe....mg | 1.27 | | 0 | O | 4 | | 0.47 | | |
| Magnesium, Mg....mg | 13 | | 0 | MC | 9 | | 5 | | |
| Phosphorus, P....mg | 42 | | 0 | MC | 9 | | 16 | | |
| Potassium, K....mg | 39 | | 0 | MC | 9 | | 14 | | |
| Sodium, Na....mg | 351 | | 0 | MC | 9 | | 130 | | |
| Zinc, Zn....mg | 0.50 | | 0 | MC | 9 | | 0.19 | | |
| Copper, Cu....mg | 0.100 | | 0 | MC | 9 | | 0.037 | | |
| Manganese, Mn....mg | 1.601 | | 0 | BFZY | 4 | | 0.592 | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin....mg | 1.268 | | 0 | O | 4 | | 0.469 | | |
| Riboflavin....mg | 1.365 | | 0 | O | 4 | | 0.505 | | |
| Niacin....mg | 16.285 | | 0 | O | 4 | | 6.025 | | |
| Pantothenic acid....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Vitamin B-6....mg | 0.900 | | 0 | MC | 9 | | 0.333 | | |
| Folate, total....µg | 109 | | 0 | O | 4 | | 40 | | |
| Folic acid....µg | 90 | | 0 | O | 4 | | 33 | | |
| Folate, food....µg | 19 | | 0 | O | 4 | | 7 | | |
| Folate, DFE....mcg_DFE | 172 | | 0 | NC | 4 | | 64 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 324 | | 0 | NC | 4 | | 120 | | |
| Retinol....µg | 324 | | 0 | NR | 4 | | 120 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 1080 | | 0 | NR | 4 | | 400 | | |
| 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 | 1.400 | | 0 | MC | 9 | | 0.518 | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19438**
**Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | 0.000 | | 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 | 0.009 | | 0 | FLC | 4 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.878 | | 0 | FLC | 4 | | 0.325 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.324 | | 0 | FLC | 4 | | 0.120 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.500 | | 0 | FLC | 4 | | 0.925 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.018 | | 0 | FLC | 4 | | 0.007 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.943 | | 0 | FLC | 4 | | 0.719 | | |
| 20:1....g | 0.018 | | 0 | FLC | 4 | | 0.007 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 5.100 | | 0 | FLC | 4 | | 1.887 | | |
| 18:2 undifferentiated....g | 4.346 | | 0 | FLC | 4 | | 1.608 | | |
| 18:3 undifferentiated....g | 0.579 | | 0 | FLC | 4 | | 0.214 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | MC | 9 | | 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 = 37g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19009**
**Snacks, KRAFT, CORNNUTS, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.30 | 0.296 | 8 | | 1 | | 0.37 | 0.74 | |
| Energy | kcal | 446 | | 0 | NC | 4 | | 127 | 254 | |
| Energy | kJ | 1868 | | 0 | NC | 4 | | 530 | 1065 | |
| Protein (N x 6.25) | g | 8.50 | 0.120 | 8 | | 1 | | 2.41 | 4.85 | |
| Total lipid (fat) | g | 15.64 | | 0 | MA | 12 | | 4.43 | 8.91 | |
| Ash | g | 2.70 | 0.249 | 8 | | 1 | | 0.77 | 1.54 | |
| Carbohydrate, by difference | g | 71.86 | | 0 | NC | 4 | | 20.37 | 40.96 | |
| Fiber, total dietary | g | 6.9 | | 0 | | 1 | | 2.0 | 3.9 | |
| Sugars, total | g | 0.61 | | 0 | FLA | 4 | | 0.17 | 0.35 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 9 | 1.166 | 8 | | 1 | | 3 | 5 | |
| Iron, Fe | mg | 1.67 | 0.039 | 8 | | 1 | | 0.47 | 0.95 | |
| Magnesium, Mg | mg | 113 | 3.299 | 8 | | 1 | | 32 | 64 | |
| Phosphorus, P | mg | 275 | 5.169 | 8 | | 1 | | 78 | 157 | |
| Potassium, K | mg | 278 | 11.492 | 8 | | 1 | | 79 | 158 | |
| Sodium, Na | mg | 635 | | 0 | LC | 8 | | 180 | 362 | |
| Zinc, Zn | mg | 1.78 | 0.068 | 8 | | 1 | | 0.50 | 1.01 | |
| Copper, Cu | mg | 0.115 | 0.013 | 8 | | 1 | | 0.033 | 0.066 | |
| Manganese, Mn | mg | 0.455 | 0.032 | 8 | | 1 | | 0.129 | 0.259 | |
| Selenium, Se | µg | 14.8 | | 0 | FLM | 4 | | 4.2 | 8.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.041 | 0.014 | 6 | | 1 | | 0.012 | 0.023 | |
| Riboflavin | mg | 0.130 | | 1 | | 1 | | 0.037 | 0.074 | |
| Niacin | mg | 1.694 | 0.135 | 8 | | 1 | | 0.480 | 0.966 | |
| Pantothenic acid | mg | 0.366 | | 1 | | 4 | | 0.104 | 0.209 | |
| Vitamin B-6 | mg | 0.229 | 0.013 | 8 | | 1 | | 0.065 | 0.131 | |
| Folate, total | µg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total | mg | 20.6 | | 0 | NR | 4 | | 5.8 | 11.7 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | 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 | | 1 | MC | 9 | | 0 | 0 | |
| Lycopene | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.98 | | 0 | FLA | 4 | | 0.56 | 1.13 | |
| 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 | 9.3 | | 0 | FLA | 4 | | 2.6 | 5.3 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19009**
**Snacks, KRAFT, CORNNUTS, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.430 | | 0 | MC | 9 | | 0.689 | 1.385 | |
| 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 | 0.030 | | 0 | FLM | 4 | | 0.009 | 0.017 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.025 | | 0 | FLM | 4 | | 0.291 | 0.584 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.064 | | 0 | FLM | 4 | | 0.302 | 0.606 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.460 | | 0 | MC | 9 | | 2.682 | 5.392 | |
| 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 | 7.490 | | 0 | FLM | 4 | | 2.123 | 4.269 | |
| 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 | 3.050 | | 0 | MC | 9 | | 0.865 | 1.739 | |
| 18:2 undifferentiated....g | 3.009 | | 0 | FLM | 4 | | 0.853 | 1.715 | |
| 18:3 undifferentiated....g | 0.058 | | 0 | FLM | 4 | | 0.016 | 0.033 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **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 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 2.7 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19049**
**Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 1.67 | | 0 | MC | 9 | | 0.47 | 0.50 | |
| Energy....kcal | 462 | | 0 | T | 4 | | 131 | 139 | |
| Energy....kJ | 1932 | | 0 | T | 4 | | 548 | 580 | |
| Protein....g | 9.34 | | 0 | T | 4 | | 2.65 | 2.80 | |
| Total lipid (fat)....g | 16.62 | | 0 | T | 4 | | 4.71 | 4.99 | |
| Ash....g | 5.01 | | 0 | MC | 9 | | 1.42 | 1.50 | |
| Carbohydrate, by difference....g | 67.37 | | 0 | NC | 4 | | 19.10 | 20.21 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 180 | | 0 | T | 4 | | 51 | 54 | |
| Iron, Fe....mg | 0.92 | | 0 | T | 4 | | 0.26 | 0.28 | |
| Magnesium, Mg....mg | 22 | | 1 | | 4 | | 6 | 7 | |
| Phosphorus, P....mg | 143 | | 1 | | 4 | | 41 | 43 | |
| Potassium, K....mg | 130 | | 1 | | 1 | | 37 | 39 | |
| Sodium, Na....mg | 1553 | | 0 | T | 4 | | 440 | 466 | |
| Zinc, Zn....mg | 0.73 | | 1 | | 4 | | 0.21 | 0.22 | |
| Copper, Cu....mg | 0.119 | | 1 | | 4 | | 0.034 | 0.036 | |
| Manganese, Mn....mg | 0.448 | | 1 | | 4 | | 0.127 | 0.134 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 0 | NR | 4 | | 0.1 | 0.1 | |
| Thiamin....mg | 0.300 | | 0 | MC | 9 | | 0.085 | 0.090 | |
| Riboflavin....mg | 0.557 | 0.019 | 3 | | 1 | | 0.158 | 0.167 | |
| Niacin....mg | 3.183 | 0.436 | 3 | | 1 | | 0.902 | 0.955 | |
| Pantothenic acid....mg | 0.481 | | 1 | | 4 | | 0.136 | 0.144 | |
| Vitamin B-6....mg | 0.046 | | 1 | | 4 | | 0.013 | 0.014 | |
| Folate, total....µg | 8 | | 1 | | 4 | | 2 | 2 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 8 | | 1 | | 4 | | 2 | 2 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 2 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.12 | | 1 | | 4 | | 0.03 | 0.04 | |
| Vitamin A, RAE....mcg_RAE | 4 | | 0 | NC | 4 | | 1 | 1 | |
| Retinol....µg | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 67 | 30.200 | 3 | | 1 | | 19 | 20 | |
| 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 | 9.975 | | 0 | T | 4 | | 2.828 | 2.993 | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |

**NDB No. 19049**
**Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| Fatty acids, total trans.....g | 0.043 | | 0 | T | 4 | | 0.012 | 0.013 | |
| Cholesterol.....mg | 1 | | 0 | T | 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 = 28.35g: 1 oz

Measure 2 = 30g: 10 pieces

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

**Food Group:** 25 Snacks

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

**NDB No. 25009**
**Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 8.00 | | 0 | O | 4 | | 1.92 | | |
| Energy....kcal | 415 | | 0 | T | 4 | | 100 | | |
| Energy....kJ | 1735 | | 0 | NC | 4 | | 416 | | |
| Protein....g | 3.78 | | 1 | MA | 12 | | 0.91 | | |
| Total lipid (fat)....g | 11.95 | | 1 | MA | 12 | | 2.87 | | |
| Ash....g | 3.00 | | 0 | FLM | 4 | | 0.72 | | |
| Carbohydrate, by difference....g | 73.01 | | 1 | MA | 12 | | 17.52 | | |
| Fiber, total dietary....g | 2.4 | | 1 | MA | 12 | | 0.6 | | |
| Sugars, total....g | 37.81 | | 1 | MA | 12 | | 9.08 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 943 | | 1 | MA | 12 | | 226 | | |
| Iron, Fe....mg | 0.85 | | 1 | MA | 12 | | 0.20 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 341 | | 1 | MA | 12 | | 82 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 1 | MA | 12 | | 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 | 51 | | 1 | MA | 12 | | 12 | | |
| 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 | 6.802 | | 1 | MA | 12 | | 1.632 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.062 | | 1 | MA | 12 | | 0.015 | | |
| Cholesterol....mg | 4 | | 1 | MA | 12 | | 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. 25009**

**Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate**

**Common Measures:**

Measure 1 = 24g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19440**
**Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.90 | | 0 | MC | 9 | | 1.37 | | |
| Energy | kcal | 420 | | 0 | T | 4 | | 118 | | |
| Energy | kJ | 1757 | | 0 | T | 4 | | 492 | | |
| Protein | g | 4.47 | | 0 | T | 4 | | 1.25 | | |
| Total lipid (fat) | g | 13.02 | | 0 | T | 4 | | 3.65 | | |
| Ash | g | 5.30 | | 0 | MC | 9 | | 1.48 | | |
| Carbohydrate, by difference | g | 72.31 | | 0 | NC | 4 | | 20.25 | | |
| Fiber, total dietary | g | 2.6 | | 0 | T | 4 | | 0.7 | | |
| Sugars, total | g | 38.78 | | 0 | T | 4 | | 10.86 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1084 | | 0 | T | 4 | | 304 | | |
| Iron, Fe | mg | 1.40 | | 0 | T | 4 | | 0.39 | | |
| Magnesium, Mg | mg | 70 | | 0 | FLC | 4 | | 20 | | |
| Phosphorus, P | mg | 207 | | 0 | FLC | 4 | | 58 | | |
| Potassium, K | mg | 279 | | 0 | FLC | 4 | | 78 | | |
| Sodium, Na | mg | 246 | | 0 | T | 4 | | 69 | | |
| Zinc, Zn | mg | 1.41 | | 0 | FLC | 4 | | 0.39 | | |
| Copper, Cu | mg | 0.312 | | 0 | FLC | 4 | | 0.087 | | |
| Manganese, Mn | mg | 1.067 | | 0 | FLC | 4 | | 0.299 | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | T | 4 | | 0.0 | | |
| Thiamin | mg | 0.169 | | 0 | FLC | 4 | | 0.047 | | |
| Riboflavin | mg | 0.201 | | 0 | FLC | 4 | | 0.056 | | |
| Niacin | mg | 1.539 | | 0 | FLC | 4 | | 0.431 | | |
| Pantothenic acid | mg | 0.468 | | 0 | FLC | 4 | | 0.131 | | |
| Vitamin B-6 | mg | 0.117 | | 0 | FLC | 4 | | 0.033 | | |
| Folate, total | µg | 13 | | 0 | FLC | 4 | | 4 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 13 | | 0 | FLC | 4 | | 4 | | |
| Folate, DFE | mcg_DFE | 13 | | 0 | NC | 4 | | 4 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.14 | | 0 | FLC | 4 | | 0.04 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 15 | | 0 | NC | 4 | | 4 | | |
| Retinol | µg | 14 | | 0 | NR | 4 | | 4 | | |
| Carotene, beta | µg | 6 | | 0 | NR | 4 | | 2 | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 57 | | 0 | NC | 4 | | 16 | | |
| Lycopene | µg | | | | | | | | | |
| Lutein + zeaxanthin | µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 10.79 | | 0 | NR | 4 | | 3.02 | | |
| Vitamin E, added | mg | 0.00 | | 0 | NR | 4 | | 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. 19440**
**Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 4.701 | | 0 | FLM | 4 | | 1.316 | | |
| 4:0....g | 0.027 | | 0 | FLM | 4 | | 0.007 | | |
| 6:0....g | 0.010 | | 0 | FLM | 4 | | 0.003 | | |
| 8:0....g | 0.010 | | 0 | FLM | 4 | | 0.003 | | |
| 10:0....g | 0.055 | | 0 | FLM | 4 | | 0.015 | | |
| 12:0....g | 0.165 | | 0 | FLM | 4 | | 0.046 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.155 | | 0 | FLM | 4 | | 0.043 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.335 | | 0 | FLM | 4 | | 0.654 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.945 | | 0 | FLM | 4 | | 0.545 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.710 | | 0 | FLM | 4 | | 1.319 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.056 | | 0 | FLM | 4 | | 0.016 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.654 | | 0 | FLM | 4 | | 1.303 | | |
| 20:1....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.749 | | 0 | FLM | 4 | | 0.770 | | |
| 18:2 undifferentiated....g | 2.566 | | 0 | FLM | 4 | | 0.718 | | |
| 18:3 undifferentiated....g | 0.183 | | 0 | FLM | 4 | | 0.051 | | |
| 18:4....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.051 | | 0 | T | 4 | | 0.014 | | |
| Cholesterol....mg | 136 | | 0 | MC | 9 | | 38 | | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25007**
**Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 7.00 | | 0 | T | 4 | | 1.96 | | |
| Energy....kcal | 463 | | 0 | T | 4 | | 130 | | |
| Energy....kJ | 1937 | | 0 | NR | 4 | | 542 | | |
| Protein....g | 5.88 | | 1 | MA | 12 | | 1.65 | | |
| Total lipid (fat)....g | 20.78 | | 1 | MA | 12 | | 5.82 | | |
| Ash....g | 1.43 | | 1 | FLM | 4 | | 0.40 | | |
| Carbohydrate, by difference....g | 64.69 | | 0 | T | 4 | | 18.11 | | |
| Fiber, total dietary....g | 2.6 | | 1 | MA | 12 | | 0.7 | | |
| Sugars, total....g | 44.29 | | 0 | MA | 12 | | 12.40 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 871 | | 1 | MA | 12 | | 244 | | |
| Iron, Fe....mg | 0.89 | | 1 | MA | 12 | | 0.25 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 268 | | 1 | MA | 12 | | 75 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 1 | MA | 12 | | 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 | 71 | | 0 | NR | 4 | | 20 | | |
| 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 | 10.411 | | 1 | MA | 12 | | 2.915 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.319 | | 1 | MA | 12 | | 0.089 | | |
| Cholesterol....mg | 5 | | 1 | MA | 12 | | 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. 25007**

**Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter**

**Common Measures:**

Measure 1 = 28g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25048**
**Snacks, NUTRI-GRAIN FRUIT AND NUT BAR**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 11.26 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 403 | | 0 | NC | 4 | | | | |
| Energy | kJ | 1685 | | 0 | NC | 4 | | | | |
| Protein | g | 9.38 | | 0 | FLC | 4 | | | | |
| Total lipid (fat) | g | 10.93 | | 0 | FLC | 4 | | | | |
| Ash | g | 1.72 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 66.72 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 7.5 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 32.45 | | 0 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 65 | | 0 | FLC | 4 | | | | |
| Iron, Fe | mg | 5.65 | | 0 | FLC | 4 | | | | |
| Magnesium, Mg | mg | 105 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 290 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 328 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 195 | | 0 | FLC | 4 | | | | |
| Zinc, Zn | mg | 3.28 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.436 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 1.441 | | 0 | FLC | 4 | | | | |
| Selenium, Se | µg | 11.3 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLC | 4 | | | | |
| Thiamin | mg | 0.465 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.616 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 6.442 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.261 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.612 | | 0 | FLC | 4 | | | | |
| Folate, total | µg | 127 | | 0 | FLC | 4 | | | | |
| Folic acid | µg | 109 | | 0 | FLC | 4 | | | | |
| Folate, food | µg | 18 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 203 | | 0 | NC | 4 | | | | |
| Choline, total | mg | 24.0 | | 0 | FLC | 4 | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 1.16 | | 0 | FLC | 4 | | | | |
| Vitamin B-12, added | µg | 1.14 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 267 | | 0 | NC | 4 | | | | |
| Retinol | µg | 266 | | 0 | FLC | 4 | | | | |
| Carotene, beta | µg | 5 | | 0 | FLC | 4 | | | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 896 | | 0 | NC | 4 | | | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin | µg | 40 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 3.72 | | 0 | FLC | 4 | | | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | 0.05 | | 0 | FLC | 4 | | | | |
| Tocopherol, gamma | mg | 0.10 | | 0 | FLC | 4 | | | | |
| Tocopherol, delta | mg | 0.02 | | 0 | FLC | 4 | | | | |
| Vitamin D (D2 + D3) | µg | 0.8 | | 0 | NR | 4 | | | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 31 | | 0 | FLC | 4 | | | | |
| Vitamin K (phylloquinone) | µg | 1.2 | | 0 | FLC | 4 | | | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25048**
**Snacks, NUTRI-GRAIN FRUIT AND NUT BAR**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total saturated....g | 1.930 | | 0 | FLC | 4 | | | | |
| 4:0....g | 0.001 | | 0 | FLC | 4 | | | | |
| 6:0....g | 0.004 | | 0 | FLC | 4 | | | | |
| 8:0....g | 0.050 | | 0 | FLC | 4 | | | | |
| 10:0....g | 0.041 | | 0 | FLC | 4 | | | | |
| 12:0....g | 0.561 | | 0 | FLC | 4 | | | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0....g | 0.175 | | 0 | FLC | 4 | | | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:0....g | 0.766 | | 0 | FLC | 4 | | | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:0....g | 0.328 | | 0 | FLC | 4 | | | | |
| 20:0....g | 0.005 | | 0 | FLC | 4 | | | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total monounsaturated....g | 5.705 | | 0 | FLC | 4 | | | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.034 | | 0 | FLC | 4 | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.664 | | 0 | FLC | 4 | | | | |
| 20:1....g | 0.007 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total polyunsaturated....g | 2.581 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated....g | 2.520 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated....g | 0.061 | | 0 | FLC | 4 | | | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 25 Snacks

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

**NDB No. 19273**

**Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 14.60 | | 1 | A | 1 | | 3.07 | | |
| Energy....kcal | 342 | | 0 | NC | 4 | | 72 | | |
| Energy....kJ | 1432 | | 0 | | 4 | | 301 | | |
| Protein....g | 0.60 | | 1 | A | 1 | | 0.13 | | |
| Total lipid (fat)....g | 1.00 | | 1 | A | 1 | | 0.21 | | |
| Ash....g | 1.10 | | 1 | A | 1 | | 0.23 | | |
| Carbohydrate, by difference....g | 82.70 | | 0 | NC | 4 | | 17.37 | | |
| Fiber, total dietary....g | 7.7 | | 1 | A | 1 | | 1.6 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 111 | | 1 | A | 1 | | 23 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 81.6 | | 1 | A | 1 | | 17.1 | | |
| 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 | 835 | | 1 | A | 1 | | 175 | | |
| 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 | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 21g: 1 roll

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

**NDB No. 19273**

**Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E**

**Food Group:** 25 Snacks

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

**NDB No. 25046**
**Snacks, bagel chips, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.05 | 0.188 | 6 | A | 1 | | 1.43 | 8.84 | 1.41 |
| Energy | kcal | 451 | | 0 | NC | 4 | | 128 | 789 | 126 |
| Energy | kJ | 1887 | | 0 | NC | 4 | | 535 | 3303 | 528 |
| Protein | g | 12.34 | 0.126 | 6 | A | 1 | | 3.50 | 21.60 | 3.46 |
| Total lipid (fat) | g | 15.14 | 0.489 | 6 | A | 1 | | 4.29 | 26.49 | 4.24 |
| Ash | g | 1.10 | 0.011 | 6 | A | 1 | | 0.31 | 1.93 | 0.31 |
| Carbohydrate, by difference | g | 66.36 | | 0 | NC | 4 | | 18.81 | 116.14 | 18.58 |
| Fiber, total dietary | g | 4.1 | 0.138 | 6 | A | 1 | | 1.2 | 7.1 | 1.1 |
| Sugars, total | g | 6.02 | 0.150 | 3 | A | 1 | | 1.71 | 10.53 | 1.69 |
| Sucrose | g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose) | g | 0.47 | 0.003 | 3 | A | 1 | | 0.13 | 0.83 | 0.13 |
| Fructose | g | 0.73 | 0.017 | 3 | A | 1 | | 0.21 | 1.28 | 0.21 |
| Lactose | g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose | g | 4.81 | 0.154 | 3 | A | 1 | | 1.36 | 8.42 | 1.35 |
| Galactose | g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch | g | 49.03 | 0.779 | 6 | A | 1 | | 13.90 | 85.81 | 13.73 |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 24 | 0.774 | 6 | A | 1 | | 7 | 42 | 7 |
| Iron, Fe | mg | 5.05 | 0.110 | 6 | A | 1 | | 1.43 | 8.84 | 1.41 |
| Magnesium, Mg | mg | 39 | 0.778 | 6 | A | 1 | | 11 | 68 | 11 |
| Phosphorus, P | mg | 131 | 1.218 | 6 | A | 1 | | 37 | 230 | 37 |
| Potassium, K | mg | 140 | 2.154 | 6 | A | 1 | | 40 | 246 | 39 |
| Sodium, Na | mg | 233 | 3.269 | 6 | A | 1 | | 66 | 408 | 65 |
| Zinc, Zn | mg | 1.00 | 0.013 | 6 | A | 1 | | 0.28 | 1.76 | 0.28 |
| Copper, Cu | mg | 0.167 | 0.008 | 6 | A | 1 | | 0.047 | 0.293 | 0.047 |
| Manganese, Mn | mg | 0.672 | 0.017 | 6 | A | 1 | | 0.190 | 1.175 | 0.188 |
| Selenium, Se | µg | 36.2 | 2.219 | 3 | A | 1 | | 10.3 | 63.3 | 10.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.523 | 0.013 | 3 | A | 1 | | 0.148 | 0.916 | 0.147 |
| Riboflavin | mg | 0.337 | 0.023 | 3 | A | 1 | | 0.095 | 0.589 | 0.094 |
| Niacin | mg | 7.660 | 0.310 | 3 | A | 1 | | 2.172 | 13.405 | 2.145 |
| Pantothenic acid | mg | 0.467 | 0.022 | 3 | A | 1 | | 0.132 | 0.816 | 0.131 |
| Vitamin B-6 | mg | 0.117 | 0.002 | 3 | A | 1 | | 0.033 | 0.205 | 0.033 |
| Folate, total | µg | 142 | | 0 | FLC | 4 | | 40 | 248 | 40 |
| Folic acid | µg | 112 | | 0 | FLC | 4 | | 32 | 196 | 31 |
| Folate, food | µg | 30 | | 0 | FLC | 4 | | 8 | 52 | 8 |
| Folate, DFE | mcg_DFE | 220 | | 0 | NC | 4 | | 62 | 385 | 62 |
| Choline, total | mg | 17.8 | | 0 | FLC | 4 | | 5.0 | 31.1 | 5.0 |
| Betaine | mg | 53.0 | | 0 | FLC | 4 | | 15.0 | 92.7 | 14.8 |
| 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, beta | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 14 | | 0 | FLC | 4 | | 4 | 24 | 4 |
| Vitamin E (alpha-tocopherol) | mg | 0.81 | | 0 | FLC | 4 | | 0.23 | 1.43 | 0.23 |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta | mg | 0.05 | | 0 | FLC | 4 | | 0.01 | 0.09 | 0.01 |
| Tocopherol, gamma | mg | 0.29 | | 0 | FLC | 4 | | 0.08 | 0.50 | 0.08 |
| Tocopherol, delta | mg | 0.01 | | 0 | FLC | 4 | | 0.00 | 0.02 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 25046**
**Snacks, bagel chips, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 5.2 | | 0 | FLC | 4 | | 1.5 | 9.2 | 1.5 |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Menaquinone-4....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.835 | | 0 | NC | 4 | | 1.938 | 11.961 | 1.914 |
| 4:0....g | 0.003 | 0.002 | 3 | A | 1 | | 0.001 | 0.005 | 0.001 |
| 6:0....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.006 | 0.001 | 3 | A | 1 | | 0.002 | 0.011 | 0.002 |
| 10:0....g | 0.007 | 0.000 | 3 | A | 1 | | 0.002 | 0.012 | 0.002 |
| 12:0....g | 0.062 | 0.006 | 3 | A | 1 | | 0.018 | 0.108 | 0.017 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.161 | 0.004 | 3 | A | 1 | | 0.046 | 0.282 | 0.045 |
| 15:0....g | 0.009 | 0.001 | 3 | A | 1 | | 0.003 | 0.016 | 0.003 |
| 16:0....g | 5.883 | 0.088 | 3 | A | 1 | | 1.668 | 10.296 | 1.647 |
| 17:0....g | 0.014 | 0.000 | 3 | A | 1 | | 0.004 | 0.025 | 0.004 |
| 18:0....g | 0.613 | 0.011 | 3 | A | 1 | | 0.174 | 1.073 | 0.172 |
| 20:0....g | 0.052 | 0.001 | 3 | A | 1 | | 0.015 | 0.090 | 0.014 |
| 22:0....g | 0.011 | 0.000 | 3 | A | 1 | | 0.003 | 0.019 | 0.003 |
| 24:0....g | 0.014 | 0.000 | 3 | A | 1 | | 0.004 | 0.024 | 0.004 |
| Fatty acids, total monounsaturated....g | 6.050 | | 0 | NC | 4 | | 1.715 | 10.588 | 1.694 |
| 14:1....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.002 | 0.000 |
| 15:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.031 | 0.000 | 3 | AS | 1 | | 0.009 | 0.053 | 0.009 |
| 16:1 c....g | 0.031 | 0.000 | 3 | A | 1 | | 0.009 | 0.053 | 0.009 |
| 16:1 t....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 | 5.975 | 0.061 | 3 | AS | 1 | | 1.694 | 10.456 | 1.673 |
| 18:1 c....g | 5.958 | 0.061 | 3 | A | 1 | | 1.689 | 10.426 | 1.668 |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.017 | 0.001 | 3 | A | 1 | | 0.005 | 0.030 | 0.005 |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.034 | 0.000 | 3 | A | 1 | | 0.010 | 0.060 | 0.010 |
| 22:1 undifferentiated....g | 0.002 | 0.000 | 3 | AS | 1 | | 0.000 | 0.003 | 0.000 |
| 22:1 c....g | 0.002 | 0.000 | 3 | A | 1 | | 0.000 | 0.003 | 0.000 |
| 22:1 t....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | 0.008 | 0.000 | 3 | A | 1 | | 0.002 | 0.013 | 0.002 |
| Fatty acids, total polyunsaturated....g | 2.085 | | 0 | NC | 4 | | 0.591 | 3.648 | 0.584 |
| 18:2 undifferentiated....g | 2.015 | 0.032 | 3 | AS | 1 | | 0.571 | 3.526 | 0.564 |
| 18:2 n-6 c,c....g | 1.971 | 0.033 | 3 | A | 1 | | 0.559 | 3.449 | 0.552 |
| 18:2 CLAs....g | 0.004 | 0.001 | 3 | A | 1 | | 0.001 | 0.006 | 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 | 0.040 | 0.001 | 3 | A | 1 | | 0.011 | 0.070 | 0.011 |
| 18:3 undifferentiated....g | 0.059 | 0.001 | 3 | AS | 1 | | 0.017 | 0.103 | 0.016 |
| 18:3 n-3 c,c,c (ALA)....g | 0.059 | 0.001 | 3 | A | 1 | | 0.017 | 0.103 | 0.016 |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.002 | 0.000 | 3 | A | 1 | | 0.001 | 0.004 | 0.001 |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-3....g | 0.000 | 0.000 | 3 | 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 | 0.004 | 0.000 | 3 | A | 1 | | 0.001 | 0.008 | 0.001 |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.003 | 0.000 | 3 | A | 1 | | 0.001 | 0.005 | 0.001 |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.002 | 0.000 | 3 | A | 1 | | 0.001 | 0.004 | 0.001 |
| 22:5 n-3 (DPA)....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |

**NDB No. 25046**
**Snacks, bagel chips, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | 0.057 | | 0 | NC | 4 | | 0.016 | 0.100 | 0.016 |
| Fatty acids, total trans-monoenoic....g | 0.017 | | 0 | NC | 4 | | 0.005 | 0.030 | 0.005 |
| Fatty acids, total trans-polyenoic....g | 0.040 | | 0 | NC | 4 | | 0.011 | 0.070 | 0.011 |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | 18 | | 0 | FLC | 4 | | 5 | 32 | 5 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.143 | | 0 | A | 1 | | 0.041 | 0.250 | 0.040 |
| Threonine....g | 0.357 | | 0 | A | 1 | | 0.101 | 0.625 | 0.100 |
| Isoleucine....g | 0.511 | | 0 | A | 1 | | 0.145 | 0.894 | 0.143 |
| Leucine....g | 0.919 | | 0 | A | 1 | | 0.261 | 1.608 | 0.257 |
| Lysine....g | 0.194 | | 0 | A | 1 | | 0.055 | 0.339 | 0.054 |
| Methionine....g | 0.184 | | 0 | A | 1 | | 0.052 | 0.322 | 0.051 |
| Cystine....g | 0.286 | | 0 | A | 1 | | 0.081 | 0.500 | 0.080 |
| Phenylalanine....g | 0.684 | | 0 | A | 1 | | 0.194 | 1.197 | 0.192 |
| Tyrosine....g | 0.306 | | 0 | A | 1 | | 0.087 | 0.536 | 0.086 |
| Valine....g | 0.572 | | 0 | A | 1 | | 0.162 | 1.001 | 0.160 |
| Arginine....g | 0.449 | | 0 | A | 1 | | 0.127 | 0.786 | 0.126 |
| Histidine....g | 0.265 | | 0 | A | 1 | | 0.075 | 0.464 | 0.074 |
| Alanine....g | 0.409 | | 0 | A | 1 | | 0.116 | 0.715 | 0.114 |
| Aspartic acid....g | 0.531 | | 0 | A | 1 | | 0.151 | 0.929 | 0.149 |
| Glutamic acid....g | 4.820 | | 0 | A | 1 | | 1.367 | 8.435 | 1.350 |
| Glycine....g | 0.490 | | 0 | A | 1 | | 0.139 | 0.858 | 0.137 |
| Proline....g | 1.624 | | 0 | A | 1 | | 0.460 | 2.842 | 0.455 |
| Serine....g | 0.613 | | 0 | A | 1 | | 0.174 | 1.072 | 0.172 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 175g: 1 bag

Measure 3 = 28g: 6 piece chips

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

**Food Group:** 25 Snacks

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

**NDB No. 19400**
**Snacks, banana chips**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.30 | | 2 | | 1 | | 1.22 | 3.66 | 1.81 |
| Energy | kcal | 519 | | 0 | NC | 4 | | 147 | 441 | 218 |
| Energy | kJ | 2170 | | 0 | NC | 4 | | 615 | 1845 | 912 |
| Protein (N x 6.25) | g | 2.30 | | 2 | | 1 | | 0.65 | 1.96 | 0.97 |
| Total lipid (fat) | g | 33.60 | | 2 | | 1 | | 9.53 | 28.56 | 14.11 |
| Ash | g | 1.40 | | 2 | | 1 | | 0.40 | 1.19 | 0.59 |
| Carbohydrate, by difference | g | 58.40 | | 0 | NC | 4 | | 16.56 | 49.64 | 24.53 |
| Fiber, total dietary | g | 7.7 | | 0 | | 1 | | 2.2 | 6.5 | 3.2 |
| Sugars, total | g | 35.34 | | 0 | O | 4 | | 10.02 | 30.04 | 14.84 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 2 | | 1 | | 5 | 15 | 8 |
| Iron, Fe | mg | 1.25 | | 2 | | 1 | | 0.35 | 1.06 | 0.53 |
| Magnesium, Mg | mg | 76 | | 2 | | 1 | | 22 | 65 | 32 |
| Phosphorus, P | mg | 56 | | 2 | | 1 | | 16 | 48 | 24 |
| Potassium, K | mg | 536 | | 2 | | 1 | | 152 | 456 | 225 |
| Sodium, Na | mg | 6 | | 2 | | 1 | | 2 | 5 | 3 |
| Zinc, Zn | mg | 0.75 | | 2 | | 1 | | 0.21 | 0.64 | 0.32 |
| Copper, Cu | mg | 0.205 | | 2 | | 1 | | 0.058 | 0.174 | 0.086 |
| Manganese, Mn | mg | 1.560 | | 2 | | 1 | | 0.442 | 1.326 | 0.655 |
| Selenium, Se | µg | 1.5 | | 0 | FLM | 4 | | 0.4 | 1.3 | 0.6 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 6.3 | | 2 | | 1 | | 1.8 | 5.4 | 2.6 |
| Thiamin | mg | 0.085 | | 2 | | 1 | | 0.024 | 0.072 | 0.036 |
| Riboflavin | mg | 0.017 | | 2 | | 1 | | 0.005 | 0.014 | 0.007 |
| Niacin | mg | 0.710 | | 2 | | 1 | | 0.201 | 0.604 | 0.298 |
| Pantothenic acid | mg | 0.620 | | 2 | | 1 | | 0.176 | 0.527 | 0.260 |
| Vitamin B-6 | mg | 0.260 | | 2 | | 1 | | 0.074 | 0.221 | 0.109 |
| Folate, total | µg | 14 | | 2 | | 1 | | 4 | 12 | 6 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 14 | | 2 | | 1 | | 4 | 12 | 6 |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 4 | 12 | 6 |
| Choline, total | mg | 21.3 | | 0 | FLA | 4 | | 6.0 | 18.1 | 8.9 |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | 4 | | 0 | NC | 4 | | 1 | 4 | 2 |
| Retinol | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta | µg | 34 | | 0 | BNA | 4 | | 10 | 29 | 14 |
| Carotene, alpha | µg | 32 | | 0 | BNA | 4 | | 9 | 27 | 14 |
| Cryptoxanthin, beta | µg | 0 | | 0 | BNA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU | IU | 83 | | 1 | | 4 | | 24 | 71 | 35 |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 46 | | 0 | FLA | 4 | | 13 | 39 | 19 |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | | 0 | FLA | 4 | | 0.07 | 0.21 | 0.10 |
| 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 | | | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 1.3 | | 0 | FLA | 4 | | 0.4 | 1.1 | 0.5 |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19400**
**Snacks, banana chips**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 28.970 | | 0 | | 1 | | 8.213 | 24.625 | 12.167 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.200 | | 1 | | 1 | | 0.057 | 0.170 | 0.084 |
| 8:0....g | 2.510 | | 1 | | 1 | | 0.712 | 2.134 | 1.054 |
| 10:0....g | 2.010 | | 1 | | 1 | | 0.570 | 1.709 | 0.844 |
| 12:0....g | 14.910 | | 1 | | 1 | | 4.227 | 12.674 | 6.262 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 5.620 | | 1 | | 1 | | 1.593 | 4.777 | 2.360 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.790 | | 1 | | 1 | | 0.791 | 2.372 | 1.172 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.940 | | 1 | | 1 | | 0.266 | 0.799 | 0.395 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.950 | | 0 | | 1 | | 0.553 | 1.658 | 0.819 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.950 | | 1 | | 1 | | 0.553 | 1.658 | 0.819 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.630 | | 0 | | 1 | | 0.179 | 0.536 | 0.265 |
| 18:2 undifferentiated....g | 0.620 | | 1 | | 1 | | 0.176 | 0.527 | 0.260 |
| 18:3 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.003 | 0.009 | 0.004 |
| 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 | | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.027 | | 0 | | 1 | | 0.008 | 0.023 | 0.011 |
| Threonine....g | 0.076 | | 0 | | 1 | | 0.022 | 0.065 | 0.032 |
| Isoleucine....g | 0.074 | | 0 | | 1 | | 0.021 | 0.063 | 0.031 |
| Leucine....g | 0.158 | | 0 | | 1 | | 0.045 | 0.134 | 0.066 |
| Lysine....g | 0.107 | | 0 | | 1 | | 0.030 | 0.091 | 0.045 |
| Methionine....g | 0.024 | | 0 | | 1 | | 0.007 | 0.020 | 0.010 |
| Cystine....g | 0.039 | | 0 | | 1 | | 0.011 | 0.033 | 0.016 |
| Phenylalanine....g | 0.086 | | 0 | | 1 | | 0.024 | 0.073 | 0.036 |
| Tyrosine....g | 0.053 | | 0 | | 1 | | 0.015 | 0.045 | 0.022 |
| Valine....g | 0.104 | | 0 | | 1 | | 0.029 | 0.088 | 0.044 |
| Arginine....g | 0.104 | | 0 | | 1 | | 0.029 | 0.088 | 0.044 |
| Histidine....g | 0.180 | | 0 | | 1 | | 0.051 | 0.153 | 0.076 |
| Alanine....g | 0.087 | | 0 | | 1 | | 0.025 | 0.074 | 0.037 |
| Aspartic acid....g | 0.253 | | 0 | | 1 | | 0.072 | 0.215 | 0.106 |
| Glutamic acid....g | 0.248 | | 0 | | 1 | | 0.070 | 0.211 | 0.104 |
| Glycine....g | 0.082 | | 0 | | 1 | | 0.023 | 0.070 | 0.034 |
| Proline....g | 0.089 | | 0 | | 1 | | 0.025 | 0.076 | 0.037 |
| Serine....g | 0.104 | | 0 | | 1 | | 0.029 | 0.088 | 0.044 |
| Hydroxyproline....g | | | | | | | | | |
| **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.

**NDB No. 19400**
**Snacks, banana chips**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Measure 3 = 42g: 1.5 oz

**Calories Factors: Protein** 3.4 **Fat** 8.6 **Carbohydrate** 3.8

**Food Group:** 25 Snacks

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

**NDB No. 19002**
**Snacks, beef jerky, chopped and formed**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 23.36 | | 1 | MA | 12 | | 6.62 | 4.67 | |
| Energy....kcal | 410 | | 0 | MC | 9 | | 116 | 82 | |
| Energy....kJ | 1715 | | 0 | MC | 9 | | 486 | 343 | |
| Protein....g | 33.20 | | 1 | MA | 12 | | 9.41 | 6.64 | |
| Total lipid (fat)....g | 25.60 | | 1 | MA | 12 | | 7.26 | 5.12 | |
| Ash....g | 6.80 | | 1 | MA | 12 | | 1.93 | 1.36 | |
| Carbohydrate, by difference....g | 11.00 | | 0 | MC | 9 | | 3.12 | 2.20 | |
| Fiber, total dietary....g | 1.8 | | 1 | MA | 12 | | 0.5 | 0.4 | |
| Sugars, total....g | 9.00 | | 0 | O | 4 | | 2.55 | 1.80 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 1 | MA | 12 | | 6 | 4 | |
| Iron, Fe....mg | 5.42 | | 1 | MA | 12 | | 1.54 | 1.08 | |
| Magnesium, Mg....mg | 51 | | 0 | FLC | 4 | | 14 | 10 | |
| Phosphorus, P....mg | 407 | | 0 | FLC | 4 | | 115 | 81 | |
| Potassium, K....mg | 597 | | 0 | FLC | 4 | | 169 | 119 | |
| Sodium, Na....mg | 2081 | | 5 | LC | 8 | | 590 | 416 | |
| Zinc, Zn....mg | 8.11 | | 2 | MA | 12 | | 2.30 | 1.62 | |
| Copper, Cu....mg | 0.227 | | 2 | MA | 12 | | 0.064 | 0.045 | |
| Manganese, Mn....mg | 0.111 | | 2 | MA | 12 | | 0.031 | 0.022 | |
| Selenium, Se....µg | 10.7 | | 0 | FLM | 4 | | 3.0 | 2.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.154 | | 0 | FLC | 4 | | 0.044 | 0.031 | |
| Riboflavin....mg | 0.142 | | 0 | FLC | 4 | | 0.040 | 0.028 | |
| Niacin....mg | 1.732 | | 0 | FLC | 4 | | 0.491 | 0.346 | |
| Pantothenic acid....mg | 0.163 | | 0 | FLC | 4 | | 0.046 | 0.033 | |
| Vitamin B-6....mg | 0.179 | | 0 | FLC | 4 | | 0.051 | 0.036 | |
| Folate, total....µg | 134 | | 0 | FLC | 4 | | 38 | 27 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 134 | | 0 | FLC | 4 | | 38 | 27 | |
| Folate, DFE....mcg_DFE | 134 | | 0 | NC | 4 | | 38 | 27 | |
| Choline, total....mg | 109.1 | | 0 | O | 4 | | 30.9 | 21.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.99 | | 0 | FLC | 4 | | 0.28 | 0.20 | |
| 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 | FLC | 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 | 0.49 | | 0 | NR | 4 | | 0.14 | 0.10 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.3 | | 0 | AS | 1 | | 0.1 | 0.1 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | 0.3 | | 0 | O | 4 | | 0.1 | 0.1 | |
| Vitamin D....IU | 11 | | 0 | O | 4 | | 3 | 2 | |
| Vitamin K (phylloquinone)....µg | 2.3 | | 0 | BFFN | 4 | | 0.6 | 0.5 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19002**
**Snacks, beef jerky, chopped and formed**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 10.850 | | 1 | MA | 12 | | 3.076 | 2.170 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.015 | | 0 | FLC | 4 | | 0.004 | 0.003 | |
| 12:0....g | 0.162 | | 0 | FLC | 4 | | 0.046 | 0.032 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.819 | | 0 | FLC | 4 | | 0.232 | 0.164 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.720 | | 0 | FLC | 4 | | 1.622 | 1.144 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.897 | | 0 | FLC | 4 | | 1.105 | 0.779 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 11.305 | | 1 | MA | 12 | | 3.205 | 2.261 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 1.135 | | 0 | FLC | 4 | | 0.322 | 0.227 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 10.099 | | 0 | FLC | 4 | | 2.863 | 2.020 | |
| 20:1....g | 0.071 | | 0 | FLC | 4 | | 0.020 | 0.014 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.011 | | 1 | MA | 12 | | 0.287 | 0.202 | |
| 18:2 undifferentiated....g | 0.810 | | 0 | FLC | 4 | | 0.230 | 0.162 | |
| 18:3 undifferentiated....g | 0.185 | | 0 | FLC | 4 | | 0.052 | 0.037 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.016 | | 0 | FLC | 4 | | 0.005 | 0.003 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 48 | | 1 | MA | 12 | | 14 | 10 | |
| 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 = 28.35g: 1 oz

Measure 2 = 20g: 1 piece, large

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

**Food Group:** 25 Snacks

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

**NDB No. 19407**
**Snacks, beef sticks, smoked**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 19.10 | 0.190 | 5 | | 1 | | 5.41 | 3.82 | |
| Energy....kcal | 550 | | 0 | NC | 4 | | 156 | 110 | |
| Energy....kJ | 2301 | | 0 | | 4 | | 652 | 460 | |
| Protein (N x 6.2)....g | 21.50 | 0.512 | 5 | | 1 | | 6.10 | 4.30 | |
| Total lipid (fat)....g | 49.60 | 0.695 | 5 | | 1 | | 14.06 | 9.92 | |
| Ash....g | 4.40 | 0.151 | 5 | | 1 | | 1.25 | 0.88 | |
| Carbohydrate, by difference....g | 5.40 | | 0 | NC | 4 | | 1.53 | 1.08 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 68 | | 1 | | 1 | | 19 | 14 | |
| Iron, Fe....mg | 3.40 | | 1 | | 1 | | 0.96 | 0.68 | |
| Magnesium, Mg....mg | 21 | | 1 | | 4 | | 6 | 4 | |
| Phosphorus, P....mg | 180 | | 1 | | 1 | | 51 | 36 | |
| Potassium, K....mg | 257 | | 1 | | 4 | | 73 | 51 | |
| Sodium, Na....mg | 1531 | | 0 | LC | 8 | | 434 | 306 | |
| Zinc, Zn....mg | 2.42 | | 1 | | 4 | | 0.69 | 0.48 | |
| Copper, Cu....mg | 0.130 | | 1 | | 4 | | 0.037 | 0.026 | |
| Manganese, Mn....mg | 0.086 | | 1 | | 4 | | 0.024 | 0.017 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 6.8 | | 1 | | 4 | | 1.9 | 1.4 | |
| Thiamin....mg | 0.141 | | 1 | | 1 | | 0.040 | 0.028 | |
| Riboflavin....mg | 0.436 | | 1 | | 1 | | 0.124 | 0.087 | |
| Niacin....mg | 4.540 | | 1 | | 1 | | 1.287 | 0.908 | |
| Pantothenic acid....mg | 0.328 | | 1 | | 4 | | 0.093 | 0.066 | |
| Vitamin B-6....mg | 0.205 | | 1 | | 4 | | 0.058 | 0.041 | |
| 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 | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.00 | | 1 | | 4 | | 0.28 | 0.20 | |
| Vitamin A, RAE....mcg_RAE | 13 | | 0 | NC | 4 | | 4 | 3 | |
| Retinol....µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....µg | 150 | | 0 | NR | 4 | | 43 | 30 | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 250 | | 0 | NC | 4 | | 71 | 50 | |
| 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 | 20.800 | | 0 | | 1 | | 5.897 | 4.160 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19407**
**Snacks, beef sticks, smoked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.010 | | 1 | | 1 | | 0.003 | 0.002 | |
| 12:0 g | 0.330 | | 1 | | 1 | | 0.094 | 0.066 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.430 | | 1 | | 1 | | 0.405 | 0.286 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 11.770 | | 1 | | 1 | | 3.337 | 2.354 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 7.260 | | 1 | | 1 | | 2.058 | 1.452 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 20.470 | | 0 | | 1 | | 5.803 | 4.094 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 2.300 | | 1 | | 1 | | 0.652 | 0.460 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 17.910 | | 1 | | 1 | | 5.077 | 3.582 | |
| 20:1 g | 0.250 | | 1 | | 1 | | 0.071 | 0.050 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.420 | | 0 | | 1 | | 1.253 | 0.884 | |
| 18:2 undifferentiated g | 4.030 | | 1 | | 1 | | 1.143 | 0.806 | |
| 18:3 undifferentiated g | 0.380 | | 1 | | 1 | | 0.108 | 0.076 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.010 | | 1 | | 1 | | 0.003 | 0.002 | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 133 | 0.926 | 4 | | 1 | | 38 | 27 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.184 | | 0 | | 1 | | 0.052 | 0.037 | |
| Threonine g | 0.832 | | 0 | | 1 | | 0.236 | 0.166 | |
| Isoleucine g | 0.818 | | 0 | | 1 | | 0.232 | 0.164 | |
| Leucine g | 1.473 | | 0 | | 1 | | 0.418 | 0.295 | |
| Lysine g | 1.518 | | 0 | | 1 | | 0.430 | 0.304 | |
| Methionine g | 0.454 | | 0 | | 1 | | 0.129 | 0.091 | |
| Cystine g | 0.291 | | 0 | | 1 | | 0.082 | 0.058 | |
| Phenylalanine g | 0.801 | | 0 | | 1 | | 0.227 | 0.160 | |
| Tyrosine g | 0.596 | | 0 | | 1 | | 0.169 | 0.119 | |
| Valine g | 0.950 | | 0 | | 1 | | 0.269 | 0.190 | |
| Arginine g | 1.522 | | 0 | | 1 | | 0.431 | 0.304 | |
| Histidine g | 0.530 | | 0 | | 1 | | 0.150 | 0.106 | |
| Alanine g | 1.470 | | 0 | | 1 | | 0.417 | 0.294 | |
| Aspartic acid g | 1.979 | | 0 | | 1 | | 0.561 | 0.396 | |
| Glutamic acid g | 3.037 | | 0 | | 1 | | 0.861 | 0.607 | |
| Glycine g | 2.160 | | 0 | | 1 | | 0.612 | 0.432 | |
| Proline g | 1.463 | | 0 | | 1 | | 0.415 | 0.293 | |
| Serine g | 0.894 | | 0 | | 1 | | 0.253 | 0.179 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19407**
**Snacks, beef sticks, smoked**

Measure 2 = 20g: 1 stick

**Calories Factors: Protein** 4.1 **Fat** 9 **Carbohydrate** 2.9

**Food Group:** 25 Snacks

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

**NDB No. 25043**
**Snacks, candy bits, yogurt covered with vitamin C**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.73 | | 0 | FLC | 4 | | 0.75 | | |
| Energy | kcal | 415 | | 0 | NC | 4 | | 83 | | |
| Energy | kJ | 1737 | | 0 | NC | 4 | | 347 | | |
| Protein | g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat) | g | 7.50 | | 0 | LC | 8 | | 1.50 | | |
| Ash | g | 1.87 | | 0 | FLC | 4 | | 0.37 | | |
| Carbohydrate, by difference | g | 86.90 | | 0 | NC | 4 | | 17.38 | | |
| Fiber, total dietary | g | 0.2 | | 0 | FLC | 4 | | 0.0 | | |
| Sugars, total | g | 65.00 | | 0 | LC | 8 | | 13.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 500 | | 0 | FLC | 4 | | 100 | | |
| Iron, Fe | mg | 0.19 | | 0 | FLC | 4 | | 0.04 | | |
| Magnesium, Mg | mg | 23 | | 0 | FLC | 4 | | 5 | | |
| Phosphorus, P | mg | 190 | | 0 | FLC | 4 | | 38 | | |
| Potassium, K | mg | 338 | | 0 | FLC | 4 | | 68 | | |
| Sodium, Na | mg | 75 | | 0 | LC | 8 | | 15 | | |
| Zinc, Zn | mg | 0.86 | | 0 | FLC | 4 | | 0.17 | | |
| Copper, Cu | mg | 0.021 | | 0 | FLC | 4 | | 0.004 | | |
| Manganese, Mn | mg | 0.021 | | 0 | FLC | 4 | | 0.004 | | |
| Selenium, Se | µg | 6.0 | | 0 | FLC | 4 | | 1.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 180.0 | | 0 | LC | 8 | | 36.0 | | |
| Thiamin | mg | 0.079 | | 0 | FLC | 4 | | 0.016 | | |
| Riboflavin | mg | 0.343 | | 0 | FLC | 4 | | 0.069 | | |
| Niacin | mg | 0.173 | | 0 | FLC | 4 | | 0.035 | | |
| Pantothenic acid | mg | 0.620 | | 0 | FLC | 4 | | 0.124 | | |
| Vitamin B-6 | mg | 0.069 | | 0 | FLC | 4 | | 0.014 | | |
| Folate, total | µg | 10 | | 0 | FLC | 4 | | 2 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 10 | | 0 | FLC | 4 | | 2 | | |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | 2 | | |
| Choline, total | mg | 57.8 | | 0 | FLC | 4 | | 11.6 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.76 | | 0 | FLC | 4 | | 0.15 | | |
| 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 | 3 | | 0 | FLC | 4 | | 1 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 2 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.60 | | 0 | FLC | 4 | | 0.12 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, delta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | AS | 1 | | 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 | 13.5 | | 0 | FLC | 4 | | 2.7 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25043**

**Snacks, candy bits, yogurt covered with vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.194 | | 0 | FLC | 4 | | 0.239 | | |
| 4:0....g | 0.005 | | 0 | FLC | 4 | | 0.001 | | |
| 6:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 12:0....g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.022 | | 0 | FLC | 4 | | 0.004 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.925 | | 0 | FLC | 4 | | 0.185 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.230 | | 0 | FLC | 4 | | 0.046 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.845 | | 0 | FLC | 4 | | 0.169 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.034 | | 0 | FLC | 4 | | 0.007 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.809 | | 0 | FLC | 4 | | 0.162 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.341 | | 0 | FLC | 4 | | 0.668 | | |
| 18:2 undifferentiated....g | 2.961 | | 0 | FLC | 4 | | 0.592 | | |
| 18:3 undifferentiated....g | 0.380 | | 0 | FLC | 4 | | 0.076 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 3 | | 0 | FLC | 4 | | 1 | | |
| 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 = 20g: 1 package

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

**Food Group:** 25 Snacks

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

**NDB No. 25003**

**Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 17.59 | | 0 | FLC | 4 | | 4.05 | | |
| Energy | kcal | 359 | | 0 | NC | 4 | | 83 | | |
| Energy | kJ | 1503 | | 0 | NC | 4 | | 346 | | |
| Protein | g | 0.46 | | 0 | FLC | 4 | | 0.11 | | |
| Total lipid (fat) | g | 6.53 | | 0 | FLC | 4 | | 1.50 | | |
| Ash | g | 0.77 | | 0 | FLC | 4 | | 0.18 | | |
| Carbohydrate, by difference | g | 74.64 | | 0 | NC | 4 | | 17.17 | | |
| Fiber, total dietary | g | 3.3 | | 0 | FLC | 4 | | 0.8 | | |
| Sugars, total | g | 39.15 | | 0 | FLC | 4 | | 9.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 430 | | 0 | FLC | 4 | | 99 | | |
| Iron, Fe | mg | 0.56 | | 0 | FLC | 4 | | 0.13 | | |
| Magnesium, Mg | mg | 9 | | 0 | FLC | 4 | | 2 | | |
| Phosphorus, P | mg | 18 | | 0 | FLC | 4 | | 4 | | |
| Potassium, K | mg | 100 | | 0 | FLC | 4 | | 23 | | |
| Sodium, Na | mg | 8 | | 0 | FLC | 4 | | 2 | | |
| Zinc, Zn | mg | 0.19 | | 0 | FLC | 4 | | 0.04 | | |
| Copper, Cu | mg | 0.114 | | 0 | FLC | 4 | | 0.026 | | |
| Manganese, Mn | mg | 0.082 | | 0 | FLC | 4 | | 0.019 | | |
| Selenium, Se | µg | 1.2 | | 0 | FLC | 4 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 260.8 | | 0 | FLC | 4 | | 60.0 | | |
| Thiamin | mg | 0.015 | | 0 | FLC | 4 | | 0.003 | | |
| Riboflavin | mg | 0.025 | | 0 | FLC | 4 | | 0.006 | | |
| Niacin | mg | 0.100 | | 0 | FLC | 4 | | 0.023 | | |
| Pantothenic acid | mg | 0.043 | | 0 | FLC | 4 | | 0.010 | | |
| Vitamin B-6 | mg | 0.026 | | 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 | 7.5 | | 0 | FLC | 4 | | 1.7 | | |
| Betaine | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| 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 | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol | µg | 0 | | 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 | 0 | | 0 | FLC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 62 | | 0 | FLC | 4 | | 14 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.41 | | 0 | FLC | 4 | | 0.09 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, delta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin D (D2 + D3) | 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 | 2.6 | | 0 | FLC | 4 | | 0.6 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25003**

**Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 5.096 | | 0 | FLC | 4 | | 1.172 | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0....g | 0.013 | | 0 | FLC | 4 | | 0.003 | | |
| 8:0....g | 0.204 | | 0 | FLC | 4 | | 0.047 | | |
| 10:0....g | 0.229 | | 0 | FLC | 4 | | 0.053 | | |
| 12:0....g | 2.910 | | 0 | FLC | 4 | | 0.669 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 1.016 | | 0 | FLC | 4 | | 0.234 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.539 | | 0 | FLC | 4 | | 0.124 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.182 | | 0 | FLC | 4 | | 0.042 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.753 | | 0 | FLC | 4 | | 0.173 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.751 | | 0 | FLC | 4 | | 0.173 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.238 | | 0 | FLC | 4 | | 0.055 | | |
| 18:2 undifferentiated....g | 0.225 | | 0 | FLC | 4 | | 0.052 | | |
| 18:3 undifferentiated....g | 0.013 | | 0 | FLC | 4 | | 0.003 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 6 | | 0 | FLC | 4 | | 1 | | |
| **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 = 23g: 1 Roll

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

**Food Group:** 25 Snacks

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

**NDB No. 19419**
**Snacks, corn cakes**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.60 | | 1 | | 1 | | 0.41 | 0.83 | |
| Energy....kcal | 387 | | 0 | NC | 4 | | 35 | 70 | |
| Energy....kJ | 1619 | | 0 | | 4 | | 146 | 291 | |
| Protein (N x 6.1)....g | 8.10 | | 1 | | 1 | | 0.73 | 1.46 | |
| Total lipid (fat)....g | 2.40 | | 1 | | 1 | | 0.22 | 0.43 | |
| Ash....g | 1.50 | | 1 | | 1 | | 0.14 | 0.27 | |
| Carbohydrate, by difference....g | 83.40 | | 0 | NC | 4 | | 7.51 | 15.01 | |
| Fiber, total dietary....g | 1.9 | | 0 | | 4 | | 0.2 | 0.3 | |
| Sugars, total....g | 23.47 | | 0 | FLA | 4 | | 2.11 | 4.22 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 1 | | 1 | | 2 | 3 | |
| Iron, Fe....mg | 1.40 | | 1 | | 1 | | 0.13 | 0.25 | |
| Magnesium, Mg....mg | 114 | | 1 | | 1 | | 10 | 21 | |
| Phosphorus, P....mg | 157 | | 1 | | 1 | | 14 | 28 | |
| Potassium, K....mg | 157 | | 1 | | 1 | | 14 | 28 | |
| Sodium, Na....mg | 488 | | 1 | | 1 | | 44 | 88 | |
| Zinc, Zn....mg | 2.00 | | 1 | | 1 | | 0.18 | 0.36 | |
| Copper, Cu....mg | 0.420 | | 1 | | 1 | | 0.038 | 0.076 | |
| Manganese, Mn....mg | 1.815 | | 1 | | 4 | | 0.163 | 0.327 | |
| Selenium, Se....µg | 9.9 | | 0 | BFZN | 4 | | 0.9 | 1.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.250 | | 1 | | 1 | | 0.023 | 0.045 | |
| Riboflavin....mg | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| Niacin....mg | 5.150 | | 1 | | 1 | | 0.464 | 0.927 | |
| Pantothenic acid....mg | 0.830 | | 1 | | 4 | | 0.075 | 0.149 | |
| Vitamin B-6....mg | 0.140 | | 1 | | 1 | | 0.013 | 0.025 | |
| Folate, total....µg | 19 | | 1 | | 1 | | 2 | 3 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 19 | | 1 | | 1 | | 2 | 3 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 2 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 70 | | 0 | NC | 4 | | 6 | 13 | |
| Retinol....µg | 69 | | 0 | BNA | 4 | | 6 | 12 | |
| Carotene, beta....µg | 5 | | 0 | BNA | 4 | | 0 | 1 | |
| Carotene, alpha....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 4 | | 0 | BNA | 4 | | 0 | 1 | |
| Vitamin A, IU....IU | 242 | | 0 | NC | 4 | | 22 | 44 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| 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 | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.420 | | 0 | | 1 | | 0.038 | 0.076 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 19419**
**Snacks, corn cakes**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.360 | | 1 | | 1 | | 0.032 | 0.065 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.040 | | 1 | | 1 | | 0.004 | 0.007 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.760 | | 0 | | 1 | | 0.068 | 0.137 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.760 | | 1 | | 1 | | 0.068 | 0.137 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.930 | | 0 | | 1 | | 0.084 | 0.167 | |
| 18:2 undifferentiated....g | 0.890 | | 1 | | 1 | | 0.080 | 0.160 | |
| 18:3 undifferentiated....g | 0.030 | | 1 | | 1 | | 0.003 | 0.005 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.081 | | 0 | | 1 | | 0.007 | 0.015 | |
| Threonine....g | 0.301 | | 0 | | 1 | | 0.027 | 0.054 | |
| Isoleucine....g | 0.316 | | 0 | | 1 | | 0.028 | 0.057 | |
| Leucine....g | 0.837 | | 0 | | 1 | | 0.075 | 0.151 | |
| Lysine....g | 0.267 | | 0 | | 1 | | 0.024 | 0.048 | |
| Methionine....g | 0.177 | | 0 | | 1 | | 0.016 | 0.032 | |
| Cystine....g | 0.124 | | 0 | | 1 | | 0.011 | 0.022 | |
| Phenylalanine....g | 0.408 | | 0 | | 1 | | 0.037 | 0.073 | |
| Tyrosine....g | 0.317 | | 0 | | 1 | | 0.029 | 0.057 | |
| Valine....g | 0.442 | | 0 | | 1 | | 0.040 | 0.080 | |
| Arginine....g | 0.506 | | 0 | | 1 | | 0.046 | 0.091 | |
| Histidine....g | 0.227 | | 0 | | 1 | | 0.020 | 0.041 | |
| Alanine....g | 0.540 | | 0 | | 1 | | 0.049 | 0.097 | |
| Aspartic acid....g | 0.659 | | 0 | | 1 | | 0.059 | 0.119 | |
| Glutamic acid....g | 1.584 | | 0 | | 1 | | 0.143 | 0.285 | |
| Glycine....g | 0.365 | | 0 | | 1 | | 0.033 | 0.066 | |
| Proline....g | 0.548 | | 0 | | 1 | | 0.049 | 0.099 | |
| Serine....g | 0.402 | | 0 | | 1 | | 0.036 | 0.072 | |
| 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 | 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. 19419**
**Snacks, corn cakes**

**Common Measures:**

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.1 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19800**
**Snacks, corn cakes, very low sodium**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.60 | | 1 | | 1 | | 0.41 | 0.83 | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 35 | 70 | |
| Energy | kJ | 1619 | | | | 4 | | 146 | 291 | |
| Protein (N x 6.1) | g | 8.10 | | 1 | | 1 | | 0.73 | 1.46 | |
| Total lipid (fat) | g | 2.40 | | 1 | | 1 | | 0.22 | 0.43 | |
| Ash | g | 1.50 | | 1 | | 1 | | 0.14 | 0.27 | |
| Carbohydrate, by difference | g | 83.40 | | 0 | NC | 4 | | 7.51 | 15.01 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 19 | | 1 | | 1 | | 2 | 3 | |
| Iron, Fe | mg | 1.40 | | 1 | | 1 | | 0.13 | 0.25 | |
| Magnesium, Mg | mg | 114 | | 1 | | 1 | | 10 | 21 | |
| Phosphorus, P | mg | 157 | | 1 | | 1 | | 14 | 28 | |
| Potassium, K | mg | 157 | | 1 | | 1 | | 14 | 28 | |
| Sodium, Na | mg | 28 | | 1 | | 1 | | 3 | 5 | |
| Zinc, Zn | mg | 2.00 | | 1 | | 1 | | 0.18 | 0.36 | |
| Copper, Cu | mg | 0.420 | | 1 | | 1 | | 0.038 | 0.076 | |
| Manganese, Mn | mg | 1.815 | | 1 | | 4 | | 0.163 | 0.327 | |
| Selenium, Se | µg | 9.9 | | 0 | BFZN | 4 | | 0.9 | 1.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.250 | | 1 | | 1 | | 0.023 | 0.045 | |
| Riboflavin | mg | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| Niacin | mg | 5.150 | | 1 | | 1 | | 0.464 | 0.927 | |
| Pantothenic acid | mg | 0.830 | | 1 | | 4 | | 0.075 | 0.149 | |
| Vitamin B-6 | mg | 0.140 | | 1 | | 1 | | 0.013 | 0.025 | |
| Folate, total | µg | 19 | | 1 | | 1 | | 2 | 3 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 19 | | 1 | | 1 | | 2 | 3 | |
| Folate, DFE | mcg_DFE | 19 | | 0 | NC | 4 | | 2 | 3 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 12 | | 0 | NC | 4 | | 1 | 2 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 242 | | 1 | | 1 | | 22 | 44 | |
| 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 | 0.420 | | 0 | | 1 | | 0.038 | 0.076 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19800**
**Snacks, corn cakes, very low sodium**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.360 | | 1 | | 1 | | 0.032 | 0.065 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.040 | | 1 | | 1 | | 0.004 | 0.007 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.760 | | 0 | | 1 | | 0.068 | 0.137 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.760 | | 1 | | 1 | | 0.068 | 0.137 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.930 | | 0 | | 1 | | 0.084 | 0.167 | |
| 18:2 undifferentiated....g | 0.890 | | 1 | | 1 | | 0.080 | 0.160 | |
| 18:3 undifferentiated....g | 0.030 | | 1 | | 1 | | 0.003 | 0.005 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.081 | | 0 | | 1 | | 0.007 | 0.015 | |
| Threonine....g | 0.301 | | 0 | | 1 | | 0.027 | 0.054 | |
| Isoleucine....g | 0.316 | | 0 | | 1 | | 0.028 | 0.057 | |
| Leucine....g | 0.837 | | 0 | | 1 | | 0.075 | 0.151 | |
| Lysine....g | 0.267 | | 0 | | 1 | | 0.024 | 0.048 | |
| Methionine....g | 0.177 | | 0 | | 1 | | 0.016 | 0.032 | |
| Cystine....g | 0.124 | | 0 | | 1 | | 0.011 | 0.022 | |
| Phenylalanine....g | 0.408 | | 0 | | 1 | | 0.037 | 0.073 | |
| Tyrosine....g | 0.317 | | 0 | | 1 | | 0.029 | 0.057 | |
| Valine....g | 0.442 | | 0 | | 1 | | 0.040 | 0.080 | |
| Arginine....g | 0.506 | | 0 | | 1 | | 0.046 | 0.091 | |
| Histidine....g | 0.227 | | 0 | | 1 | | 0.020 | 0.041 | |
| Alanine....g | 0.540 | | 0 | | 1 | | 0.049 | 0.097 | |
| Aspartic acid....g | 0.659 | | 0 | | 1 | | 0.059 | 0.119 | |
| Glutamic acid....g | 1.584 | | 0 | | 1 | | 0.143 | 0.285 | |
| Glycine....g | 0.365 | | 0 | | 1 | | 0.033 | 0.066 | |
| Proline....g | 0.548 | | 0 | | 1 | | 0.049 | 0.099 | |
| Serine....g | 0.402 | | 0 | | 1 | | 0.036 | 0.072 | |
| 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 = 9.0g: 1 cake

**NDB No. 19800**

**Snacks, corn cakes, very low sodium**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.1 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19004**
**Snacks, corn-based, extruded, chips, barbecue-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 | 1.20 | 0.095 | 21 | | 1 | | 0.34 | 2.38 | |
| Energy....kcal | 523 | | 0 | | 4 | | 148 | 1036 | |
| Energy....kJ | 2188 | | | | 4 | | 620 | 4333 | |
| Protein (N x 6.1)....g | 7.00 | 0.177 | 21 | | 1 | | 1.98 | 13.86 | |
| Total lipid (fat)....g | 32.70 | 0.435 | 22 | | 1 | | 9.27 | 64.75 | |
| Ash....g | 2.80 | 0.162 | 20 | | 1 | | 0.79 | 5.54 | |
| Carbohydrate, by difference....g | 56.20 | | 0 | NC | 4 | | 15.93 | 111.28 | |
| Fiber, total dietary....g | 5.2 | | 0 | | 4 | | 1.5 | 10.3 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 131 | 5.863 | 21 | | 1 | | 37 | 259 | |
| Iron, Fe....mg | 1.54 | 0.087 | 21 | | 1 | | 0.44 | 3.05 | |
| Magnesium, Mg....mg | 77 | 1.784 | 19 | | 1 | | 22 | 152 | |
| Phosphorus, P....mg | 207 | 6.006 | 19 | | 1 | | 59 | 410 | |
| Potassium, K....mg | 236 | 31.024 | 22 | | 1 | | 67 | 467 | |
| Sodium, Na....mg | 763 | 35.568 | 7 | | 1 | | 216 | 1511 | |
| Zinc, Zn....mg | 1.06 | 0.109 | 19 | | 1 | | 0.30 | 2.10 | |
| Copper, Cu....mg | 0.166 | 0.039 | 18 | | 1 | | 0.047 | 0.329 | |
| Manganese, Mn....mg | 0.774 | 0.222 | 14 | | 1 | | 0.219 | 1.533 | |
| Selenium, Se....µg | 4.1 | | 0 | FLM | 4 | | 1.2 | 8.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.7 | 0.853 | 6 | | 1 | | 0.5 | 3.4 | |
| Thiamin....mg | 0.075 | 0.016 | 20 | | 1 | | 0.021 | 0.149 | |
| Riboflavin....mg | 0.210 | 0.020 | 17 | | 1 | | 0.060 | 0.416 | |
| Niacin....mg | 1.645 | 0.059 | 20 | | 1 | | 0.466 | 3.257 | |
| Pantothenic acid....mg | 0.143 | 0.043 | 3 | | 1 | | 0.041 | 0.283 | |
| Vitamin B-6....mg | 0.230 | 0.023 | 6 | | 1 | | 0.065 | 0.455 | |
| Folate, total....µg | 39 | | 1 | | 4 | | 11 | 77 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 39 | | 1 | | 4 | | 11 | 77 | |
| Folate, DFE....mcg_DFE | 39 | | 0 | NC | 4 | | 11 | 77 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 31 | | 0 | NC | 4 | | 9 | 60 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 611 | 58.327 | 15 | | 1 | | 173 | 1210 | |
| 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 | 4.460 | | 0 | | 1 | | 1.264 | 8.831 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19004**
**Snacks, corn-based, extruded, chips, barbecue-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.510 | | 2 | | 1 | | 0.995 | 6.950 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.960 | | 2 | | 1 | | 0.272 | 1.901 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.480 | | 0 | | 1 | | 2.688 | 18.770 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.090 | | 2 | | 1 | | 0.026 | 0.178 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.390 | | 2 | | 1 | | 2.662 | 18.592 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 16.170 | | 0 | | 1 | | 4.584 | 32.017 | |
| 18:2 undifferentiated....g | 14.940 | | 2 | | 1 | | 4.235 | 29.581 | |
| 18:3 undifferentiated....g | 1.230 | | 2 | | 1 | | 0.349 | 2.435 | |
| 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 | 0.111 | 4 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.063 | | 0 | | 1 | | 0.018 | 0.125 | |
| Threonine....g | 0.279 | | 0 | | 1 | | 0.079 | 0.552 | |
| Isoleucine....g | 0.277 | | 0 | | 1 | | 0.079 | 0.548 | |
| Leucine....g | 0.747 | | 0 | | 1 | | 0.212 | 1.479 | |
| Lysine....g | 0.284 | | 0 | | 1 | | 0.081 | 0.562 | |
| Methionine....g | 0.134 | | 0 | | 1 | | 0.038 | 0.265 | |
| Cystine....g | 0.119 | | 0 | | 1 | | 0.034 | 0.236 | |
| Phenylalanine....g | 0.333 | | 0 | | 1 | | 0.094 | 0.659 | |
| Tyrosine....g | 0.273 | | 0 | | 1 | | 0.077 | 0.541 | |
| Valine....g | 0.357 | | 0 | | 1 | | 0.101 | 0.707 | |
| Arginine....g | 0.373 | | 0 | | 1 | | 0.106 | 0.739 | |
| Histidine....g | 0.200 | | 0 | | 1 | | 0.057 | 0.396 | |
| Alanine....g | 0.475 | | 0 | | 1 | | 0.135 | 0.941 | |
| Aspartic acid....g | 0.586 | | 0 | | 1 | | 0.166 | 1.160 | |
| Glutamic acid....g | 1.243 | | 0 | | 1 | | 0.352 | 2.461 | |
| Glycine....g | 0.293 | | 0 | | 1 | | 0.083 | 0.580 | |
| Proline....g | 0.521 | | 0 | | 1 | | 0.148 | 1.032 | |
| Serine....g | 0.337 | | 0 | | 1 | | 0.096 | 0.667 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19004**

**Snacks, corn-based, extruded, chips, barbecue-flavor**

Measure 2 = 198g: 1 bag (7 oz)

**Calories Factors: Protein** 2.7 **Fat** 8.7 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19804**

**Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.20 | | 0 | BFZN | 4 | | 0.34 | | |
| Energy....kcal | 523 | | 0 | BFZN | 4 | | 148 | | |
| Energy....kJ | 2188 | | | | 4 | | 620 | | |
| Protein....g | 7.00 | | 0 | BFZN | 4 | | 1.98 | | |
| Total lipid (fat)....g | 32.70 | | 0 | BFZN | 4 | | 9.27 | | |
| Ash....g | 2.80 | | 0 | BFZN | 4 | | 0.79 | | |
| Carbohydrate, by difference....g | 56.20 | | 0 | BFZN | 4 | | 15.93 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 131 | | 0 | BFZN | 4 | | 37 | | |
| Iron, Fe....mg | 4.90 | | 0 | BFZN | 4 | | 1.39 | | |
| Magnesium, Mg....mg | 77 | | 0 | BFZN | 4 | | 22 | | |
| Phosphorus, P....mg | 207 | | 0 | BFZN | 4 | | 59 | | |
| Potassium, K....mg | 236 | | 0 | BFZN | 4 | | 67 | | |
| Sodium, Na....mg | 763 | | 0 | BFZN | 4 | | 216 | | |
| Zinc, Zn....mg | 1.06 | | 0 | BFZN | 4 | | 0.30 | | |
| Copper, Cu....mg | 0.166 | | 0 | BFZN | 4 | | 0.047 | | |
| Manganese, Mn....mg | 0.774 | | 0 | BFZN | 4 | | 0.219 | | |
| Selenium, Se....µg | 6.7 | | 0 | BFZN | 4 | | 1.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.7 | | 0 | BFZN | 4 | | 0.5 | | |
| Thiamin....mg | 0.420 | | 1 | MA | 12 | | 0.119 | | |
| Riboflavin....mg | 0.480 | | 1 | MA | 12 | | 0.136 | | |
| Niacin....mg | 6.300 | | 1 | MA | 12 | | 1.786 | | |
| Pantothenic acid....mg | 0.143 | | 0 | BFZN | 4 | | 0.041 | | |
| Vitamin B-6....mg | 0.230 | | 0 | BFZN | 4 | | 0.065 | | |
| Folate, total....µg | 200 | | 1 | MA | 12 | | 57 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 200 | | 1 | MA | 12 | | 57 | | |
| Folate, DFE....mcg_DFE | 200 | | 0 | NC | 4 | | 57 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 31 | | 0 | NC | 4 | | 9 | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 611 | | 0 | BFZN | 4 | | 173 | | |
| 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 | 4.460 | | 0 | BFZN | 4 | | 1.264 | | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |

**NDB No. 19804**

**Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 ... g | 0.000 | | 0 | 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 | 3.510 | | 0 | BFZN | 4 | | 0.995 | | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.960 | | 0 | BFZN | 4 | | 0.272 | | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 9.480 | | 0 | BFZN | 4 | | 2.688 | | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.090 | | 0 | BFZN | 4 | | 0.026 | | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 9.390 | | 0 | BFZN | 4 | | 2.662 | | |
| 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 | 16.170 | | 0 | BFZN | 4 | | 4.584 | | |
| 18:2 undifferentiated ... g | 14.940 | | 0 | BFZN | 4 | | 4.235 | | |
| 18:3 undifferentiated ... g | 1.230 | | 0 | BFZN | 4 | | 0.349 | | |
| 18:4 ... g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA) ... g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:5 n-3 (DPA) ... g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:6 n-3 (DHA) ... g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.063 | | 0 | BFZN | 4 | | 0.018 | | |
| Threonine ... g | 0.279 | | 0 | BFZN | 4 | | 0.079 | | |
| Isoleucine ... g | 0.277 | | 0 | BFZN | 4 | | 0.079 | | |
| Leucine ... g | 0.747 | | 0 | BFZN | 4 | | 0.212 | | |
| Lysine ... g | 0.284 | | 0 | BFZN | 4 | | 0.081 | | |
| Methionine ... g | 0.134 | | 0 | BFZN | 4 | | 0.038 | | |
| Cystine ... g | 0.119 | | 0 | BFZN | 4 | | 0.034 | | |
| Phenylalanine ... g | 0.333 | | 0 | BFZN | 4 | | 0.094 | | |
| Tyrosine ... g | 0.273 | | 0 | BFZN | 4 | | 0.077 | | |
| Valine ... g | 0.357 | | 0 | BFZN | 4 | | 0.101 | | |
| Arginine ... g | 0.373 | | 0 | BFZN | 4 | | 0.106 | | |
| Histidine ... g | 0.200 | | 0 | BFZN | 4 | | 0.057 | | |
| Alanine ... g | 0.475 | | 0 | BFZN | 4 | | 0.135 | | |
| Aspartic acid ... g | 0.586 | | 0 | BFZN | 4 | | 0.166 | | |
| Glutamic acid ... g | 1.243 | | 0 | BFZN | 4 | | 0.352 | | |
| Glycine ... g | 0.293 | | 0 | BFZN | 4 | | 0.083 | | |
| Proline ... g | 0.521 | | 0 | BFZN | 4 | | 0.148 | | |
| Serine ... g | 0.337 | | 0 | BFZN | 4 | | 0.096 | | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19804**

**Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 25 Snacks

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

**NDB No. 19003**
**Snacks, corn-based, extruded, chips, plain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.33 | 0.065 | 6 | A | 1 | | 0.09 | 0.66 | |
| Energy....kcal | 518 | | 0 | NC | 4 | | 147 | 1026 | |
| Energy....kJ | 2169 | | 0 | NC | 4 | | 615 | 4294 | |
| Protein (N x 6.25)....g | 6.03 | 0.064 | 6 | A | 1 | | 1.71 | 11.94 | |
| Total lipid (fat)....g | 28.41 | 0.581 | 6 | A | 1 | | 8.05 | 56.24 | |
| Ash....g | 2.22 | 0.106 | 6 | A | 1 | | 0.63 | 4.40 | |
| Carbohydrate, by difference....g | 63.01 | | 0 | NC | 4 | | 17.86 | 124.76 | |
| Fiber, total dietary....g | 5.3 | 0.342 | 4 | A | 1 | | 1.5 | 10.4 | |
| Sugars, total....g | 1.16 | 0.280 | 4 | A | 1 | | 0.33 | 2.30 | |
| Sucrose....g | 0.54 | 0.060 | 4 | A | 1 | | 0.15 | 1.07 | |
| Glucose (dextrose)....g | 0.22 | 0.101 | 4 | A | 1 | | 0.06 | 0.44 | |
| Fructose....g | 0.32 | 0.190 | 4 | A | 1 | | 0.09 | 0.64 | |
| Lactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.07 | 0.000 | 4 | A | 1 | | 0.02 | 0.15 | |
| Galactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 5.17 | 0.216 | 4 | A | 1 | | 1.47 | 10.24 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 164 | 9.351 | 6 | A | 1 | | 46 | 324 | |
| Iron, Fe....mg | 1.32 | 0.065 | 6 | A | 1 | | 0.37 | 2.62 | |
| Magnesium, Mg....mg | 84 | 2.309 | 6 | A | 1 | | 24 | 166 | |
| Phosphorus, P....mg | 157 | 5.046 | 6 | A | 1 | | 45 | 311 | |
| Potassium, K....mg | 135 | 1.432 | 6 | A | 1 | | 38 | 266 | |
| Sodium, Na....mg | 545 | | 0 | LC | 8 | | 155 | 1079 | |
| Zinc, Zn....mg | 1.58 | 0.081 | 6 | A | 1 | | 0.45 | 3.12 | |
| Copper, Cu....mg | 0.217 | 0.004 | 6 | A | 1 | | 0.062 | 0.430 | |
| Manganese, Mn....mg | 0.434 | 0.022 | 6 | A | 1 | | 0.123 | 0.859 | |
| Selenium, Se....µg | 6.7 | 0.845 | 39 | A | 1 | | 1.9 | 13.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.016 | 0.009 | 4 | A | 1 | | 0.005 | 0.032 | |
| Riboflavin....mg | 0.640 | 0.039 | 4 | A | 1 | | 0.181 | 1.266 | |
| Niacin....mg | 0.362 | 0.118 | 4 | A | 1 | | 0.103 | 0.717 | |
| Pantothenic acid....mg | 0.564 | 0.034 | 4 | A | 1 | | 0.160 | 1.116 | |
| Vitamin B-6....mg | 0.117 | 0.008 | 4 | A | 1 | | 0.033 | 0.231 | |
| Folate, total....µg | 13 | 0.730 | 4 | A | 1 | | 4 | 26 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 13 | | 0 | NR | 4 | | 4 | 26 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 26 | |
| Choline, total....mg | 12.1 | | 0 | AS | 1 | | 3.4 | 23.9 | |
| Betaine....mg | 0.1 | | 1 | A | 1 | | 0.0 | 0.2 | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | BNA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 212 | | 0 | NR | 4 | | 60 | 419 | |
| Vitamin E (alpha-tocopherol)....mg | 1.36 | | 0 | NR | 4 | | 0.39 | 2.69 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 19003**
**Snacks, corn-based, extruded, chips, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 6.3 | | 2 | A | 1 | | 1.8 | 12.4 | |
| Dihydrophylloquinone....µg | 16.8 | | 2 | A | 1 | | 4.8 | 33.3 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.612 | | 0 | NC | 4 | | 1.024 | 7.151 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.891 | 0.147 | 4 | A | 1 | | 0.820 | 5.724 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.570 | 0.074 | 4 | A | 1 | | 0.162 | 1.129 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | 0.009 | 0.009 | 4 | A | 1 | | 0.002 | 0.017 | |
| 24:0....g | 0.016 | 0.016 | 4 | A | 1 | | 0.004 | 0.031 | |
| Fatty acids, total monounsaturated....g | 7.913 | | 0 | NC | 4 | | 2.243 | 15.668 | |
| 14:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.027 | | 0 | AS | 1 | | 0.008 | 0.054 | |
| 16:1 c....g | 0.027 | 0.002 | 4 | A | 1 | | 0.008 | 0.054 | |
| 16:1 t....g | | | | | | | | | |
| 17:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 7.824 | | 0 | AS | 1 | | 2.218 | 15.491 | |
| 18:1 c....g | 7.382 | 0.386 | 4 | A | 1 | | 2.093 | 14.616 | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.442 | 0.442 | 4 | A | 1 | | 0.125 | 0.875 | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.062 | 0.004 | 4 | A | 1 | | 0.018 | 0.123 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t....g | | | | | | | | | |
| 24:1 c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 14.010 | | 0 | NC | 4 | | 3.972 | 27.740 | |
| 18:2 undifferentiated....g | 13.789 | | 0 | AS | 1 | | 3.909 | 27.303 | |
| 18:2 n-6 c,c....g | 13.598 | 1.209 | 4 | A | 1 | | 3.855 | 26.924 | |
| 18:2 CLAs....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | 0.192 | 0.040 | 4 | A | 1 | | 0.054 | 0.379 | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.221 | | 0 | AS | 1 | | 0.063 | 0.437 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.221 | 0.018 | 4 | A | 1 | | 0.063 | 0.437 | |
| 18:3 n-6 c,c,c....g | | | | | | | | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 4 | 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 | 4 | 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 | 4 | A | 1 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |

**NDB No. 19003**
**Snacks, corn-based, extruded, chips, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total trans....g | 0.634 | | 0 | NC | 4 | | 0.180 | 1.254 | |
| Fatty acids, total trans-monoenoic....g | 0.442 | | 0 | NC | 4 | | 0.125 | 0.875 | |
| Fatty acids, total trans-polyenoic....g | 0.192 | | 0 | NC | 4 | | 0.054 | 0.379 | |
| Cholesterol....mg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| Stigmasterol....mg | 21 | 0.485 | 4 | A | 1 | | 6 | 41 | |
| Campesterol....mg | 51 | 2.682 | 4 | A | 1 | | 14 | 100 | |
| Beta-sitosterol....mg | 148 | 8.351 | 4 | A | 1 | | 42 | 292 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.046 | | 0 | | 1 | | 0.013 | 0.091 | |
| Threonine....g | 0.246 | | 0 | | 1 | | 0.070 | 0.487 | |
| Isoleucine....g | 0.235 | | 0 | | 1 | | 0.067 | 0.465 | |
| Leucine....g | 0.803 | | 0 | | 1 | | 0.228 | 1.590 | |
| Lysine....g | 0.185 | | 0 | | 1 | | 0.052 | 0.366 | |
| Methionine....g | 0.137 | | 0 | | 1 | | 0.039 | 0.271 | |
| Cystine....g | 0.119 | | 0 | | 1 | | 0.034 | 0.236 | |
| Phenylalanine....g | 0.322 | | 0 | | 1 | | 0.091 | 0.638 | |
| Tyrosine....g | 0.266 | | 0 | | 1 | | 0.075 | 0.527 | |
| Valine....g | 0.331 | | 0 | | 1 | | 0.094 | 0.655 | |
| Arginine....g | 0.326 | | 0 | | 1 | | 0.092 | 0.645 | |
| Histidine....g | 0.200 | | 0 | | 1 | | 0.057 | 0.396 | |
| Alanine....g | 0.491 | | 0 | | 1 | | 0.139 | 0.972 | |
| Aspartic acid....g | 0.456 | | 0 | | 1 | | 0.129 | 0.903 | |
| Glutamic acid....g | 1.230 | | 0 | | 1 | | 0.349 | 2.435 | |
| Glycine....g | 0.269 | | 0 | | 1 | | 0.076 | 0.533 | |
| Proline....g | 0.572 | | 0 | | 1 | | 0.162 | 1.133 | |
| Serine....g | 0.312 | | 0 | | 1 | | 0.088 | 0.618 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

**Calories Factors: Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 43447**
**Snacks, corn-based, extruded, chips, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.00 | | 0 | | 4 | | 0.88 | 0.28 | 0.18 |
| Energy....kcal | 557 | | 0 | NC | 4 | | 490 | 156 | 100 |
| Energy....kJ | 2329 | | 0 | NC | 4 | | 2049 | 652 | 419 |
| Protein....g | 6.60 | | 0 | O | 4 | | 5.81 | 1.85 | 1.19 |
| Total lipid (fat)....g | 33.40 | | 0 | O | 4 | | 29.39 | 9.35 | 6.01 |
| Ash....g | 1.60 | | 0 | O | 4 | | 1.41 | 0.45 | 0.29 |
| Carbohydrate, by difference....g | 57.40 | | 0 | NC | 4 | | 50.51 | 16.07 | 10.33 |
| Fiber, total dietary....g | 4.4 | | 0 | | 1 | | 3.9 | 1.2 | 0.8 |
| Sugars, total....g | 1.41 | | 0 | O | 4 | | 1.24 | 0.39 | 0.25 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 124 | | 0 | | 4 | | 109 | 35 | 22 |
| Iron, Fe....mg | 1.70 | | 0 | | 4 | | 1.50 | 0.48 | 0.31 |
| Magnesium, Mg....mg | 70 | | 0 | | 4 | | 62 | 20 | 13 |
| Phosphorus, P....mg | 184 | | 0 | | 4 | | 162 | 52 | 33 |
| Potassium, K....mg | 185 | | 0 | | 4 | | 163 | 52 | 33 |
| Sodium, Na....mg | 15 | | 0 | | 1 | | 13 | 4 | 3 |
| Zinc, Zn....mg | 0.85 | | 0 | | 4 | | 0.75 | 0.24 | 0.15 |
| Copper, Cu....mg | 0.249 | | 0 | | 4 | | 0.219 | 0.070 | 0.045 |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 6.7 | | 0 | BFZN | 4 | | 5.9 | 1.9 | 1.2 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.0 | | 0 | | 4 | | 1.8 | 0.6 | 0.4 |
| Thiamin....mg | 0.140 | | 0 | | 4 | | 0.123 | 0.039 | 0.025 |
| Riboflavin....mg | 0.160 | | 0 | | 4 | | 0.141 | 0.045 | 0.029 |
| Niacin....mg | 1.480 | | 0 | | 4 | | 1.302 | 0.414 | 0.266 |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.210 | | 0 | | 4 | | 0.185 | 0.059 | 0.038 |
| Folate, total....µg | 7 | | 0 | | 4 | | 6 | 2 | 1 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 7 | | 0 | | 4 | | 6 | 2 | 1 |
| Folate, DFE....mcg_DFE | 7 | | 0 | NC | 4 | | 6 | 2 | 1 |
| Choline, total....mg | 18.1 | | 0 | FLA | 4 | | 15.9 | 5.1 | 3.3 |
| 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 | 4 | | 0 | NC | 4 | | 3 | 1 | 1 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | 42 | | 0 | O | 4 | | 37 | 12 | 8 |
| Carotene, alpha....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 70 | | 0 | NC | 4 | | 62 | 20 | 13 |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 212 | | 0 | O | 4 | | 187 | 59 | 38 |
| Vitamin E (alpha-tocopherol)....mg | 1.36 | | 0 | O | 4 | | 1.20 | 0.38 | 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 | | | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 33.6 | | 0 | O | 4 | | 29.6 | 9.4 | 6.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 43447**

**Snacks, corn-based, extruded, chips, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 4.344 | | 0 | | 4 | | 3.823 | 1.216 | 0.782 |
| 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 | 0.016 | | 0 | | 4 | | 0.014 | 0.004 | 0.003 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.938 | | 0 | | 4 | | 2.585 | 0.823 | 0.529 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.977 | | 0 | | 4 | | 0.860 | 0.274 | 0.176 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.040 | | 0 | | 4 | | 7.955 | 2.531 | 1.627 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.025 | | 0 | | 4 | | 0.022 | 0.007 | 0.005 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.889 | | 0 | | 4 | | 7.822 | 2.489 | 1.600 |
| 20:1....g | 0.118 | | 0 | | 4 | | 0.104 | 0.033 | 0.021 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 17.093 | | 0 | | 4 | | 15.042 | 4.786 | 3.077 |
| 18:2 undifferentiated....g | 16.488 | | 0 | | 4 | | 14.509 | 4.617 | 2.968 |
| 18:3 undifferentiated....g | 0.597 | | 0 | | 4 | | 0.525 | 0.167 | 0.107 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 7 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | NR | 4 | | 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 = 88g: 1 cup, crushed

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

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

**Food Group:** 25 Snacks

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

**NDB No. 19006**
**Snacks, corn-based, extruded, cones, nacho-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 | 1.90 | | 1 | | 1 | | 0.54 | | |
| Energy ... kcal | 536 | | 0 | NC | 4 | | 152 | | |
| Energy ... kJ | 2243 | | | | 4 | | 636 | | |
| Protein (N x 6.2) ... g | 6.50 | | 1 | | 1 | | 1.84 | | |
| Total lipid (fat) ... g | 31.70 | | 1 | | 1 | | 8.99 | | |
| Ash ... g | 2.60 | | 1 | | 1 | | 0.74 | | |
| Carbohydrate, by difference ... g | 57.30 | | 0 | NC | 4 | | 16.24 | | |
| Fiber, total dietary ... g | 1.0 | | 0 | | 4 | | 0.3 | | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 36 | | 1 | | 1 | | 10 | | |
| Iron, Fe ... mg | 1.27 | | 1 | | 1 | | 0.36 | | |
| Magnesium, Mg ... mg | 25 | | 1 | | 4 | | 7 | | |
| Phosphorus, P ... mg | 76 | | 1 | | 1 | | 22 | | |
| Potassium, K ... mg | 123 | | 1 | | 1 | | 35 | | |
| Sodium, Na ... mg | 952 | | 1 | | 1 | | 270 | | |
| Zinc, Zn ... mg | 0.48 | | 1 | | 4 | | 0.14 | | |
| Copper, Cu ... mg | 0.059 | | 1 | | 4 | | 0.017 | | |
| Manganese, Mn ... mg | 0.078 | | 1 | | 4 | | 0.022 | | |
| Selenium, Se ... µg | 3.8 | | 0 | BFZN | 4 | | 1.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.1 | | 1 | | 4 | | 0.0 | | |
| Thiamin ... mg | 0.210 | | 1 | | 1 | | 0.060 | | |
| Riboflavin ... mg | 0.120 | | 1 | | 1 | | 0.034 | | |
| Niacin ... mg | 1.410 | | 1 | | 1 | | 0.400 | | |
| Pantothenic acid ... mg | 0.401 | | 1 | | 4 | | 0.114 | | |
| Vitamin B-6 ... mg | 0.116 | | 1 | | 4 | | 0.033 | | |
| Folate, total ... µg | 5 | | 1 | | 4 | | 1 | | |
| Folic acid ... µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food ... µg | 5 | | 1 | | 4 | | 1 | | |
| Folate, DFE ... mcg_DFE | 5 | | 0 | NC | 4 | | 1 | | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... µg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, RAE ... mcg_RAE | 24 | | 0 | NC | 4 | | 7 | | |
| Retinol ... µg | 10 | | 0 | NC | 4 | | 3 | | |
| Carotene, beta ... µg | | | | | | | | | |
| Carotene, alpha ... µg | | | | | | | | | |
| Cryptoxanthin, beta ... µg | | | | | | | | | |
| Vitamin A, IU ... IU | 315 | | 1 | | 4 | | 89 | | |
| 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 | 26.790 | | 0 | | 1 | | 7.595 | | |
| 4:0 ... g | 0.030 | | 1 | | 1 | | 0.009 | | |

**NDB No. 19006**
**Snacks, corn-based, extruded, cones, nacho-flavor**

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| 6:0 | g | 0.200 | | 1 | | 1 | | 0.057 | | |
| 8:0 | g | 2.280 | | 1 | | 1 | | 0.646 | | |
| 10:0 | g | 1.830 | | 1 | | 1 | | 0.519 | | |
| 12:0 | g | 13.520 | | 1 | | 1 | | 3.833 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 5.170 | | 1 | | 1 | | 1.466 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.810 | | 1 | | 1 | | 0.797 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.960 | | 1 | | 1 | | 0.272 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |
| Fatty acids, total monounsaturated | g | 2.140 | | 0 | | 1 | | 0.607 | | |
| 14:1 | g | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.030 | | 1 | | 1 | | 0.009 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 2.120 | | 1 | | 1 | | 0.601 | | |
| 20:1 | g | | | | | | | | | |
| 22:1 undifferentiated | g | | | | | | | | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.840 | | 0 | | 1 | | 0.238 | | |
| 18:2 undifferentiated | g | 0.830 | | 1 | | 1 | | 0.235 | | |
| 18:3 undifferentiated | g | 0.020 | | 1 | | 1 | | 0.006 | | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | | | | | | | | | |
| 20:5 n-3 (EPA) | g | | | | | | | | | |
| 22:5 n-3 (DPA) | g | | | | | | | | | |
| 22:6 n-3 (DHA) | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 5 | | 1 | | 4 | | 1 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.056 | | 0 | | 1 | | 0.016 | | |
| Threonine | g | 0.252 | | 0 | | 1 | | 0.071 | | |
| Isoleucine | g | 0.265 | | 0 | | 1 | | 0.075 | | |
| Leucine | g | 0.758 | | 0 | | 1 | | 0.215 | | |
| Lysine | g | 0.262 | | 0 | | 1 | | 0.074 | | |
| Methionine | g | 0.141 | | 0 | | 1 | | 0.040 | | |
| Cystine | g | 0.105 | | 0 | | 1 | | 0.030 | | |
| Phenylalanine | g | 0.319 | | 0 | | 1 | | 0.090 | | |
| Tyrosine | g | 0.274 | | 0 | | 1 | | 0.078 | | |
| Valine | g | 0.350 | | 0 | | 1 | | 0.099 | | |
| Arginine | g | 0.305 | | 0 | | 1 | | 0.086 | | |
| Histidine | g | 0.199 | | 0 | | 1 | | 0.056 | | |
| Alanine | g | 0.427 | | 0 | | 1 | | 0.121 | | |
| Aspartic acid | g | 0.455 | | 0 | | 1 | | 0.129 | | |
| Glutamic acid | g | 1.260 | | 0 | | 1 | | 0.357 | | |
| Glycine | g | 0.235 | | 0 | | 1 | | 0.067 | | |
| Proline | g | 0.587 | | 0 | | 1 | | 0.166 | | |
| Serine | g | 0.320 | | 0 | | 1 | | 0.091 | | |
| Hydroxyproline | g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19006**
**Snacks, corn-based, extruded, cones, nacho-flavor**

**Calories Factors: Protein** 3.6 **Fat** 8.6 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19005**
**Snacks, corn-based, extruded, cones, plain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.00 | | 1 | | 1 | | 0.57 | | |
| Energy....kcal | 510 | | 0 | NC | 4 | | 145 | | |
| Energy....kJ | 2134 | | | | 4 | | 605 | | |
| Protein (N x 6.2)....g | 5.80 | | 1 | | 1 | | 1.64 | | |
| Total lipid (fat)....g | 26.90 | | 1 | | 1 | | 7.63 | | |
| Ash....g | 2.30 | | 1 | | 1 | | 0.65 | | |
| Carbohydrate, by difference....g | 62.90 | | 0 | NC | 4 | | 17.83 | | |
| Fiber, total dietary....g | 1.1 | | 0 | | 4 | | 0.3 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | | 4 | | 1 | | |
| Iron, Fe....mg | 2.54 | | 1 | | 1 | | 0.72 | | |
| Magnesium, Mg....mg | 11 | | 1 | | 1 | | 3 | | |
| Phosphorus, P....mg | 44 | | 1 | | 1 | | 12 | | |
| Potassium, K....mg | 81 | | 1 | | 1 | | 23 | | |
| Sodium, Na....mg | 1022 | | 1 | | 1 | | 290 | | |
| Zinc, Zn....mg | 0.21 | | 1 | | 1 | | 0.06 | | |
| Copper, Cu....mg | 0.040 | | 1 | | 1 | | 0.011 | | |
| Manganese, Mn....mg | 0.087 | | 1 | | 4 | | 0.025 | | |
| Selenium, Se....µg | 3.8 | | 0 | FLM | 4 | | 1.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin....mg | 0.320 | | 1 | | 1 | | 0.091 | | |
| Riboflavin....mg | 0.240 | | 1 | | 1 | | 0.068 | | |
| Niacin....mg | 1.410 | | 1 | | 1 | | 0.400 | | |
| Pantothenic acid....mg | 0.225 | | 1 | | 4 | | 0.064 | | |
| Vitamin B-6....mg | 0.040 | | 1 | | 1 | | 0.011 | | |
| Folate, total....µg | 3 | | 1 | | 4 | | 1 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 3 | | 1 | | 4 | | 1 | | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 16 | | 0 | NC | 4 | | 5 | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 318 | | 1 | | 4 | | 90 | | |
| 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 | 22.750 | | 0 | | 1 | | 6.450 | | |
| 4:0....g | | | | | | | | | |

**NDB No. 19005**
**Snacks, corn-based, extruded, cones, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.160 | | 1 | | 1 | | 0.045 | | |
| 8:0 g | 1.960 | | 1 | | 1 | | 0.556 | | |
| 10:0 g | 1.570 | | 1 | | 1 | | 0.445 | | |
| 12:0 g | 11.680 | | 1 | | 1 | | 3.311 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 4.400 | | 1 | | 1 | | 1.247 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.230 | | 1 | | 1 | | 0.632 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.740 | | 1 | | 1 | | 0.210 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.700 | | 0 | | 1 | | 0.482 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.700 | | 1 | | 1 | | 0.482 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.780 | | 0 | | 1 | | 0.221 | | |
| 18:2 undifferentiated g | 0.780 | | 1 | | 1 | | 0.221 | | |
| 18:3 undifferentiated g | 0.010 | | 1 | | 1 | | 0.003 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.041 | | 0 | | 1 | | 0.012 | | |
| Threonine g | 0.219 | | 0 | | 1 | | 0.062 | | |
| Isoleucine g | 0.209 | | 0 | | 1 | | 0.059 | | |
| Leucine g | 0.715 | | 0 | | 1 | | 0.203 | | |
| Lysine g | 0.164 | | 0 | | 1 | | 0.046 | | |
| Methionine g | 0.122 | | 0 | | 1 | | 0.035 | | |
| Cystine g | 0.105 | | 0 | | 1 | | 0.030 | | |
| Phenylalanine g | 0.286 | | 0 | | 1 | | 0.081 | | |
| Tyrosine g | 0.237 | | 0 | | 1 | | 0.067 | | |
| Valine g | 0.295 | | 0 | | 1 | | 0.084 | | |
| Arginine g | 0.290 | | 0 | | 1 | | 0.082 | | |
| Histidine g | 0.178 | | 0 | | 1 | | 0.050 | | |
| Alanine g | 0.437 | | 0 | | 1 | | 0.124 | | |
| Aspartic acid g | 0.406 | | 0 | | 1 | | 0.115 | | |
| Glutamic acid g | 1.094 | | 0 | | 1 | | 0.310 | | |
| Glycine g | 0.239 | | 0 | | 1 | | 0.068 | | |
| Proline g | 0.508 | | 0 | | 1 | | 0.144 | | |
| Serine g | 0.277 | | 0 | | 1 | | 0.079 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19005**
**Snacks, corn-based, extruded, cones, plain**

**Calories Factors: Protein** 3.5 **Fat** 8.6 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19007**
**Snacks, corn-based, extruded, onion-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 | 2.00 | 0.078 | 15 | | 1 | | 0.57 | 1.14 | |
| Energy....kcal | 499 | | 0 | NC | 4 | | 142 | 285 | |
| Energy....kJ | 2089 | | 0 | NC | 4 | | 592 | 1191 | |
| Protein (N x 6.2)....g | 7.70 | 0.166 | 15 | | 1 | | 2.18 | 4.39 | |
| Total lipid (fat)....g | 22.60 | 0.219 | 15 | | 1 | | 6.41 | 12.88 | |
| Ash....g | 2.60 | 0.076 | 15 | | 1 | | 0.74 | 1.48 | |
| Carbohydrate, by difference....g | 65.10 | | 0 | NC | 4 | | 18.46 | 37.11 | |
| Fiber, total dietary....g | 3.9 | | 0 | | 4 | | 1.1 | 2.2 | |
| Sugars, total....g | 4.83 | | 0 | O | 4 | | 1.37 | 2.75 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 29 | 1.162 | 15 | | 1 | | 8 | 17 | |
| Iron, Fe....mg | 3.72 | 0.490 | 13 | | 1 | | 1.05 | 2.12 | |
| Magnesium, Mg....mg | 28 | 2.116 | 15 | | 1 | | 8 | 16 | |
| Phosphorus, P....mg | 72 | 7.292 | 15 | | 1 | | 20 | 41 | |
| Potassium, K....mg | 143 | 4.997 | 14 | | 1 | | 41 | 82 | |
| Sodium, Na....mg | 950 | | 0 | LC | 8 | | 269 | 542 | |
| Zinc, Zn....mg | 0.33 | 0.024 | 14 | | 1 | | 0.09 | 0.19 | |
| Copper, Cu....mg | 0.118 | 0.023 | 15 | | 1 | | 0.033 | 0.067 | |
| Manganese, Mn....mg | 0.202 | | 12 | | 1 | | 0.057 | 0.115 | |
| Selenium, Se....µg | 10.6 | | 0 | FLM | 4 | | 3.0 | 6.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.8 | 1.790 | 4 | | 1 | | 0.5 | 1.0 | |
| Thiamin....mg | 0.220 | 0.011 | 13 | | 1 | | 0.062 | 0.125 | |
| Riboflavin....mg | 0.310 | 0.023 | 13 | | 1 | | 0.088 | 0.177 | |
| Niacin....mg | 3.180 | 0.251 | 13 | | 1 | | 0.902 | 1.813 | |
| Pantothenic acid....mg | 0.262 | | 1 | | 4 | | 0.074 | 0.149 | |
| Vitamin B-6....mg | 0.148 | 0.007 | 4 | | 1 | | 0.042 | 0.084 | |
| Folate, total....µg | 110 | | 1 | MA | 12 | | 31 | 63 | |
| Folic acid....µg | 94 | | 0 | NC | 4 | | 27 | 54 | |
| Folate, food....µg | 16 | | 0 | | 4 | | 5 | 9 | |
| Folate, DFE....mcg_DFE | 176 | | 0 | NC | 4 | | 50 | 100 | |
| Choline, total....mg | 21.3 | | 0 | NR | 4 | | 6.0 | 12.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 8 | | 0 | NC | 4 | | 2 | 4 | |
| Retinol....µg | 2 | | 0 | BNA | 4 | | 1 | 1 | |
| Carotene, beta....µg | 51 | | 0 | BNA | 4 | | 15 | 29 | |
| Carotene, alpha....µg | 33 | | 0 | BNA | 4 | | 9 | 19 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 120 | | 0 | NC | 4 | | 34 | 68 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 879 | | 0 | FLA | 4 | | 249 | 501 | |
| Vitamin E (alpha-tocopherol)....mg | 2.69 | | 0 | FLA | 4 | | 0.76 | 1.54 | |
| 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 | 5.1 | | 0 | FLA | 4 | | 1.5 | 2.9 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19007**
**Snacks, corn-based, extruded, onion-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 | 4.340 | | 0 | | 1 | | 1.230 | 2.474 | |
| 4:0....g | 0.020 | | 3 | | 1 | | 0.006 | 0.011 | |
| 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 | 0.040 | | 3 | | 1 | | 0.011 | 0.023 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.160 | | 3 | | 1 | | 0.045 | 0.091 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.800 | | 3 | | 1 | | 0.794 | 1.596 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.310 | | 3 | | 1 | | 0.371 | 0.747 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 13.360 | | 0 | | 1 | | 3.788 | 7.615 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.080 | | 3 | | 1 | | 0.023 | 0.046 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 13.270 | | 3 | | 1 | | 3.762 | 7.564 | |
| 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 | 3.140 | | 0 | | 1 | | 0.890 | 1.790 | |
| 18:2 undifferentiated....g | 3.010 | | 3 | | 1 | | 0.853 | 1.716 | |
| 18:3 undifferentiated....g | 0.130 | | 3 | | 1 | | 0.037 | 0.074 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.059 | | 0 | | 1 | | 0.017 | 0.034 | |
| Threonine....g | 0.288 | | 0 | | 1 | | 0.082 | 0.164 | |
| Isoleucine....g | 0.284 | | 0 | | 1 | | 0.081 | 0.162 | |
| Leucine....g | 0.906 | | 0 | | 1 | | 0.257 | 0.516 | |
| Lysine....g | 0.241 | | 0 | | 1 | | 0.068 | 0.137 | |
| Methionine....g | 0.154 | | 0 | | 1 | | 0.044 | 0.088 | |
| Cystine....g | 0.134 | | 0 | | 1 | | 0.038 | 0.076 | |
| Phenylalanine....g | 0.378 | | 0 | | 1 | | 0.107 | 0.215 | |
| Tyrosine....g | 0.310 | | 0 | | 1 | | 0.088 | 0.177 | |
| Valine....g | 0.386 | | 0 | | 1 | | 0.109 | 0.220 | |
| Arginine....g | 0.402 | | 0 | | 1 | | 0.114 | 0.229 | |
| Histidine....g | 0.232 | | 0 | | 1 | | 0.066 | 0.132 | |
| Alanine....g | 0.548 | | 0 | | 1 | | 0.155 | 0.312 | |
| Aspartic acid....g | 0.570 | | 0 | | 1 | | 0.162 | 0.325 | |
| Glutamic acid....g | 1.445 | | 0 | | 1 | | 0.410 | 0.824 | |
| Glycine....g | 0.314 | | 0 | | 1 | | 0.089 | 0.179 | |
| Proline....g | 0.646 | | 0 | | 1 | | 0.183 | 0.368 | |
| Serine....g | 0.369 | | 0 | | 1 | | 0.105 | 0.210 | |
| 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. 19007**
**Snacks, corn-based, extruded, onion-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 |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 3.5 **Fat** 8.8 **Carbohydrate** 4.2

**Food Group:** 25 Snacks

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

**NDB No. 19008**

**Snacks, corn-based, extruded, puffs or twists, cheese-flavor (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 | 1.78 | 0.099 | 8 | A | 1 | | 0.51 | 0.50 | |
| Energy....kcal | 565 | | 0 | NC | 4 | | 160 | 158 | |
| Energy....kJ | 2363 | | 0 | NC | 4 | | 670 | 662 | |
| Protein (N x 6.3)....g | 5.83 | 0.333 | 8 | A | 1 | | 1.65 | 1.63 | |
| Total lipid (fat)....g | 37.11 | 1.120 | 18 | A | 1 | | 10.52 | 10.39 | |
| Ash....g | 2.89 | 0.076 | 8 | A | 1 | | 0.82 | 0.81 | |
| Carbohydrate, by difference....g | 52.38 | | 0 | NC | 4 | | 14.85 | 14.67 | |
| Fiber, total dietary....g | 1.9 | 0.273 | 8 | A | 1 | | 0.5 | 0.5 | |
| Sugars, total....g | 2.87 | 0.325 | 8 | A | 1 | | 0.81 | 0.80 | |
| Sucrose....g | 0.19 | 0.074 | 8 | A | 1 | | 0.05 | 0.05 | |
| Glucose (dextrose)....g | 0.15 | 0.059 | 8 | A | 1 | | 0.04 | 0.04 | |
| Fructose....g | 0.17 | 0.071 | 8 | A | 1 | | 0.05 | 0.05 | |
| Lactose....g | 2.23 | 0.143 | 8 | A | 1 | | 0.63 | 0.63 | |
| Maltose....g | 0.06 | 0.000 | 8 | A | 1 | | 0.02 | 0.02 | |
| Galactose....g | 0.07 | 0.000 | 8 | A | 1 | | 0.02 | 0.02 | |
| Starch....g | 46.80 | | 2 | A | 1 | | 13.27 | 13.10 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 58 | 1.814 | 8 | A | 1 | | 16 | 16 | |
| Iron, Fe....mg | 1.75 | 0.117 | 8 | A | 1 | | 0.50 | 0.49 | |
| Magnesium, Mg....mg | 19 | 0.351 | 8 | A | 1 | | 5 | 5 | |
| Phosphorus, P....mg | 128 | 3.190 | 8 | A | 1 | | 36 | 36 | |
| Potassium, K....mg | 189 | 7.372 | 8 | A | 1 | | 54 | 53 | |
| Sodium, Na....mg | 910 | 33.750 | 8 | A | 1 | | 258 | 255 | |
| Zinc, Zn....mg | 0.55 | 0.016 | 8 | A | 1 | | 0.16 | 0.16 | |
| Copper, Cu....mg | 0.046 | | 2 | A | 1 | | 0.013 | 0.013 | |
| Manganese, Mn....mg | 0.089 | 0.002 | 8 | A | 1 | | 0.025 | 0.025 | |
| Selenium, Se....µg | 8.1 | | 2 | A | 1 | | 2.3 | 2.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.160 | 0.012 | 5 | A | 1 | | 0.045 | 0.045 | |
| Riboflavin....mg | 0.159 | 0.012 | 5 | A | 1 | | 0.045 | 0.044 | |
| Niacin....mg | 4.706 | 1.509 | 5 | A | 1 | | 1.334 | 1.318 | |
| Pantothenic acid....mg | 0.980 | 0.045 | 5 | A | 1 | | 0.278 | 0.274 | |
| Vitamin B-6....mg | 0.079 | 0.006 | 5 | A | 1 | | 0.022 | 0.022 | |
| Folate, total....µg | 55 | 7.016 | 5 | A | 1 | | 16 | 15 | |
| Folic acid....µg | 47 | | 0 | FLA | 4 | | 13 | 13 | |
| Folate, food....µg | 8 | | 0 | FLA | 4 | | 2 | 2 | |
| Folate, DFE....mcg_DFE | 88 | | 0 | NC | 4 | | 25 | 25 | |
| Choline, total....mg | 11.6 | | 0 | AS | 1 | | 3.3 | 3.3 | |
| Betaine....mg | 0.5 | | 2 | A | 1 | | 0.2 | 0.2 | |
| Vitamin B-12....µg | 0.48 | 0.015 | 4 | A | 1 | | 0.14 | 0.14 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 38 | | 0 | AS | 1 | | 11 | 11 | |
| Retinol....µg | 38 | | 0 | A | 1 | | 11 | 11 | |
| Carotene, beta....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 127 | | 0 | AS | 1 | | 36 | 35 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 643 | | 0 | T | 4 | | 182 | 180 | |
| Vitamin E (alpha-tocopherol)....mg | 4.70 | | 0 | FLA | 4 | | 1.33 | 1.32 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, gamma....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, delta....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 19008**

**Snacks, corn-based, extruded, puffs or twists, cheese-flavor (1)**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 1 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone).....µg | 1.3 | | 1 | A | 1 | | 0.4 | 0.4 | |
| Dihydrophylloquinone.....µg | 5.3 | | 1 | A | 1 | | 1.5 | 1.5 | |
| Menaquinone-4.....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.658 | | 0 | NC | 4 | | 1.604 | 1.584 | |
| 4:0.....g | 0.071 | | 0 | FLA | 4 | | 0.020 | 0.020 | |
| 6:0.....g | 0.035 | | 0 | FLA | 4 | | 0.010 | 0.010 | |
| 8:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.038 | | 2 | A | 1 | | 0.011 | 0.011 | |
| 12:0.....g | 0.045 | | 2 | A | 1 | | 0.013 | 0.013 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.159 | | 2 | A | 1 | | 0.045 | 0.044 | |
| 15:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 16:0.....g | 4.164 | | 2 | A | 1 | | 1.181 | 1.166 | |
| 17:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:0.....g | 0.954 | | 2 | A | 1 | | 0.270 | 0.267 | |
| 20:0.....g | 0.142 | | 2 | A | 1 | | 0.040 | 0.040 | |
| 22:0.....g | 0.049 | | 2 | A | 1 | | 0.014 | 0.014 | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 10.513 | | 0 | NC | 4 | | 2.981 | 2.944 | |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.056 | | 2 | A | 1 | | 0.016 | 0.016 | |
| 17:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 9.764 | | 2 | A | 1 | | 2.768 | 2.734 | |
| 18:1 c.....g | | | | | | | | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.612 | | 2 | A | 1 | | 0.174 | 0.171 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.081 | | 2 | A | 1 | | 0.023 | 0.023 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 19.089 | | 0 | NC | 4 | | 5.412 | 5.345 | |
| 18:2 undifferentiated.....g | 18.283 | | 2 | A | 1 | | 5.183 | 5.119 | |
| 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 | 0.200 | | 2 | A | 1 | | 0.057 | 0.056 | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.303 | | 0 | AS | 1 | | 0.086 | 0.085 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.303 | | 2 | A | 1 | | 0.086 | 0.085 | |
| 18:3 n-6 c,c,c.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:3 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 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.812 | | 0 | NC | 4 | | 0.230 | 0.227 | |
| Fatty acids, total trans-monoenoic.....g | 0.612 | | 0 | NC | 4 | | 0.174 | 0.171 | |
| Fatty acids, total trans-polyenoic.....g | 0.200 | | 0 | NC | 4 | | 0.057 | 0.056 | |

**NDB No. 19008**

**Snacks, corn-based, extruded, puffs or twists, cheese-flavor (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 |
| Cholesterol....mg | 7 | | 0 | FLA | 4 | | 2 | 2 | |
| Phytosterols....mg | 313 | | 0 | FLA | 4 | | 89 | 88 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.063 | | 0 | FLA | 4 | | 0.018 | 0.018 | |
| Threonine....g | 0.229 | | 0 | FLA | 4 | | 0.065 | 0.064 | |
| Isoleucine....g | 0.266 | | 0 | FLA | 4 | | 0.075 | 0.074 | |
| Leucine....g | 0.651 | | 0 | FLA | 4 | | 0.185 | 0.182 | |
| Lysine....g | 0.309 | | 0 | FLA | 4 | | 0.087 | 0.086 | |
| Methionine....g | 0.130 | | 0 | FLA | 4 | | 0.037 | 0.036 | |
| Cystine....g | 0.085 | | 0 | FLA | 4 | | 0.024 | 0.024 | |
| Phenylalanine....g | 0.279 | | 0 | FLA | 4 | | 0.079 | 0.078 | |
| Tyrosine....g | 0.237 | | 0 | FLA | 4 | | 0.067 | 0.066 | |
| Valine....g | 0.322 | | 0 | FLA | 4 | | 0.091 | 0.090 | |
| Arginine....g | 0.252 | | 0 | FLA | 4 | | 0.071 | 0.071 | |
| Histidine....g | 0.176 | | 0 | FLA | 4 | | 0.050 | 0.049 | |
| Alanine....g | 0.333 | | 0 | FLA | 4 | | 0.095 | 0.093 | |
| Aspartic acid....g | 0.427 | | 0 | FLA | 4 | | 0.121 | 0.119 | |
| Glutamic acid....g | 1.187 | | 0 | FLA | 4 | | 0.336 | 0.332 | |
| Glycine....g | 0.180 | | 0 | FLA | 4 | | 0.051 | 0.050 | |
| Proline....g | 0.528 | | 0 | FLA | 4 | | 0.150 | 0.148 | |
| Serine....g | 0.295 | | 0 | FLA | 4 | | 0.084 | 0.083 | |
| Hydroxyproline....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 32 pieces

**Footnotes:**

1 product made with oil that is not partially hydrogenated.

**Calories Factors: Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19802**

**Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.50 | 0.120 | 6 | A | 1 | | 0.43 | 3.40 | |
| Energy | kcal | 558 | | 0 | NC | 4 | | 158 | 1267 | |
| Energy | kJ | 2336 | | 0 | NC | 4 | | 662 | 5302 | |
| Protein (N x 6.3) | g | 5.76 | 0.443 | 6 | A | 1 | | 1.63 | 13.08 | |
| Total lipid (fat) | g | 35.76 | 2.893 | 3 | A | 1 | | 10.14 | 81.16 | |
| Ash | g | 2.89 | 0.086 | 6 | A | 1 | | 0.82 | 6.56 | |
| Carbohydrate, by difference | g | 54.10 | | 0 | NC | 4 | | 15.34 | 122.80 | |
| Fiber, total dietary | g | 2.2 | 0.357 | 6 | A | 1 | | 0.6 | 4.9 | |
| Sugars, total | g | 2.76 | 0.433 | 6 | A | 1 | | 0.78 | 6.26 | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | 0.15 | 0.075 | 6 | A | 1 | | 0.04 | 0.34 | |
| Fructose | g | | | | | | | | | |
| Lactose | g | 2.12 | 0.185 | 6 | A | 1 | | 0.60 | 4.81 | |
| Maltose | g | | | | | | | | | |
| Galactose | g | 0.07 | 0.000 | 6 | A | 1 | | 0.02 | 0.17 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 58 | 2.007 | 6 | A | 1 | | 16 | 132 | |
| Iron, Fe | mg | 1.10 | | 1 | | 1 | | 0.31 | 2.50 | |
| Magnesium, Mg | mg | 20 | 0.449 | 6 | A | 1 | | 6 | 46 | |
| Phosphorus, P | mg | 108 | 2.660 | 151 | | 1 | | 31 | 245 | |
| Potassium, K | mg | 197 | 9.361 | 6 | A | 1 | | 56 | 447 | |
| Sodium, Na | mg | 896 | | 0 | O | 4 | | 254 | 2034 | |
| Zinc, Zn | mg | 0.60 | 0.021 | 6 | A | 1 | | 0.17 | 1.36 | |
| Copper, Cu | mg | 0.063 | 0.006 | 79 | | 1 | | 0.018 | 0.143 | |
| Manganese, Mn | mg | 0.095 | 0.002 | 6 | A | 1 | | 0.027 | 0.215 | |
| Selenium, Se | µg | 3.0 | | 0 | BFZN | 4 | | 0.9 | 6.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.155 | 0.010 | 3 | A | 1 | | 0.044 | 0.352 | |
| Riboflavin | mg | 0.200 | | 0 | | 1 | | 0.057 | 0.454 | |
| Niacin | mg | 5.743 | 2.515 | 3 | A | 1 | | 1.628 | 13.037 | |
| Pantothenic acid | mg | 0.374 | 0.041 | 7 | | 1 | | 0.106 | 0.849 | |
| Vitamin B-6 | mg | 0.064 | 0.010 | 3 | A | 1 | | 0.018 | 0.146 | |
| Folate, total | µg | 120 | | 1 | | 1 | | 34 | 272 | |
| Folic acid | µg | 86 | | 0 | O | 4 | | 24 | 195 | |
| Folate, food | µg | 34 | | 0 | O | 4 | | 10 | 77 | |
| Folate, DFE | mcg_DFE | 180 | | 0 | NC | 4 | | 51 | 409 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.48 | | 1 | A | 1 | | 0.14 | 1.09 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 1 | AS | 1 | | 0 | 0 | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, alpha | µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 1 | AS | 1 | | 0 | 0 | |
| Lycopene | µg | | | | | | | | | |
| Lutein + zeaxanthin | µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 5.12 | | 0 | O | 4 | | 1.45 | 11.62 | |
| Vitamin E, added | mg | 0.00 | | 0 | O | 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 | |

**NDB No. 19802**

**Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin K (phylloquinone)....µg | 36.1 | | 2 | A | 1 | | 10.2 | 81.8 | |
| Dihydrophylloquinone....µg | 5.3 | | 1 | A | 1 | | 1.5 | 12.0 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.512 | | 0 | NC | 4 | | 1.563 | 12.511 | |
| 4:0....g | 0.030 | | 3 | | 1 | | 0.009 | 0.068 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.038 | | 2 | A | 1 | | 0.011 | 0.086 | |
| 12:0....g | 0.045 | | 2 | A | 1 | | 0.013 | 0.102 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.158 | | 2 | A | 1 | | 0.045 | 0.358 | |
| 15:0....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 16:0....g | 4.134 | | 2 | A | 1 | | 1.172 | 9.384 | |
| 17:0....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:0....g | 0.947 | | 2 | A | 1 | | 0.268 | 2.150 | |
| 20:0....g | 0.141 | | 2 | A | 1 | | 0.040 | 0.321 | |
| 22:0....g | 0.049 | | 2 | A | 1 | | 0.014 | 0.111 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.437 | | 0 | NC | 4 | | 2.959 | 23.692 | |
| 14:1....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.056 | | 2 | A | 1 | | 0.016 | 0.126 | |
| 17:1....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 9.693 | | 2 | A | 1 | | 2.748 | 22.004 | |
| 18:1 c....g | | | | | | | | | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.608 | | 2 | A | 1 | | 0.172 | 1.380 | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.080 | | 2 | A | 1 | | 0.023 | 0.182 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 18.649 | | 0 | NC | 4 | | 5.287 | 42.334 | |
| 18:2 undifferentiated....g | 18.151 | | 2 | A | 1 | | 5.146 | 41.202 | |
| 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 | 0.198 | | 2 | A | 1 | | 0.056 | 0.450 | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.300 | | 0 | AS | 1 | | 0.085 | 0.682 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.300 | | 2 | A | 1 | | 0.085 | 0.682 | |
| 18:3 n-6 c,c,c....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 2 | 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 | | 1 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.806 | | 0 | NC | 4 | | 0.229 | 1.831 | |
| Fatty acids, total trans-monoenoic....g | 0.608 | | 0 | NC | 4 | | 0.172 | 1.380 | |
| Fatty acids, total trans-polyenoic....g | 0.198 | | 0 | NC | 4 | | 0.056 | 0.450 | |
| Cholesterol....mg | 4 | 0.172 | 63 | | 1 | | 1 | 9 | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 19802**

**Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.094 | | 0 | | 1 | | 0.027 | 0.213 | |
| Threonine....g | 0.391 | | 0 | | 1 | | 0.111 | 0.888 | |
| Isoleucine....g | 0.366 | | 0 | | 1 | | 0.104 | 0.831 | |
| Leucine....g | 0.783 | | 0 | | 1 | | 0.222 | 1.777 | |
| Lysine....g | 0.456 | | 0 | | 1 | | 0.129 | 1.035 | |
| Methionine....g | 0.151 | | 0 | | 1 | | 0.043 | 0.343 | |
| Cystine....g | 0.138 | | 0 | | 1 | | 0.039 | 0.313 | |
| Phenylalanine....g | 0.299 | | 0 | | 1 | | 0.085 | 0.679 | |
| Tyrosine....g | 0.258 | | 0 | | 1 | | 0.073 | 0.586 | |
| Valine....g | 0.404 | | 0 | | 1 | | 0.115 | 0.917 | |
| Arginine....g | 0.283 | | 0 | | 1 | | 0.080 | 0.642 | |
| Histidine....g | 0.181 | | 0 | | 1 | | 0.051 | 0.411 | |
| Alanine....g | 0.424 | | 0 | | 1 | | 0.120 | 0.962 | |
| Aspartic acid....g | 0.645 | | 0 | | 1 | | 0.183 | 1.464 | |
| Glutamic acid....g | 1.387 | | 0 | | 1 | | 0.393 | 3.148 | |
| Glycine....g | 0.217 | | 0 | | 1 | | 0.062 | 0.493 | |
| Proline....g | 0.558 | | 0 | | 1 | | 0.158 | 1.267 | |
| Serine....g | 0.367 | | 0 | | 1 | | 0.104 | 0.833 | |
| 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.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

**Calories Factors: Protein** 4 **Fat** 8.8 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19401**
**Snacks, cornnuts, barbecue-flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.60 | 0.138 | 4 | | 1 | | 0.45 | 0.91 | |
| Energy | kcal | 436 | | 0 | NC | 4 | | 124 | 249 | |
| Energy | kJ | 1824 | | 0 | | 4 | | 517 | 1040 | |
| Protein (N x 6.2) | g | 9.00 | 0.199 | 4 | | 1 | | 2.55 | 5.13 | |
| Total lipid (fat) | g | 14.30 | 1.038 | 4 | | 1 | | 4.05 | 8.15 | |
| Ash | g | 3.40 | 0.204 | 4 | | 1 | | 0.96 | 1.94 | |
| Carbohydrate, by difference | g | 71.70 | | 0 | NC | 4 | | 20.33 | 40.87 | |
| Fiber, total dietary | g | 8.4 | | 0 | | 1 | | 2.4 | 4.8 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | 1.796 | 4 | | 1 | | 5 | 10 | |
| Iron, Fe | mg | 1.70 | 0.019 | 4 | | 1 | | 0.48 | 0.97 | |
| Magnesium, Mg | mg | 109 | 4.796 | 4 | | 1 | | 31 | 62 | |
| Phosphorus, P | mg | 283 | 10.570 | 4 | | 1 | | 80 | 161 | |
| Potassium, K | mg | 286 | 14.320 | 4 | | 1 | | 81 | 163 | |
| Sodium, Na | mg | 600 | | 0 | LC | 8 | | 170 | 342 | |
| Zinc, Zn | mg | 1.88 | 0.211 | 4 | | 1 | | 0.53 | 1.07 | |
| Copper, Cu | mg | 0.136 | 0.005 | 4 | | 1 | | 0.039 | 0.078 | |
| Manganese, Mn | mg | 0.487 | 0.029 | 4 | | 1 | | 0.138 | 0.278 | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 1 | | 4 | | 0.1 | 0.2 | |
| Thiamin | mg | 0.350 | | 1 | | 4 | | 0.099 | 0.200 | |
| Riboflavin | mg | 0.142 | | 1 | | 4 | | 0.040 | 0.081 | |
| Niacin | mg | 1.507 | 0.042 | 4 | | 1 | | 0.427 | 0.859 | |
| Pantothenic acid | mg | 0.374 | | 1 | | 4 | | 0.106 | 0.213 | |
| Vitamin B-6 | mg | 0.187 | 0.011 | 4 | | 1 | | 0.053 | 0.107 | |
| Folate, total | µg | 0 | 0.001 | 3 | | 1 | | 0 | 0 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 0 | 0.001 | 3 | | 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 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 5 | 10 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 338 | | 1 | | 4 | | 96 | 193 | |
| 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 | 2.580 | | 0 | | 1 | | 0.731 | 1.471 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19401**
**Snacks, cornnuts, barbecue-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.030 | | 1 | | 1 | | 0.009 | 0.017 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.600 | | 1 | | 1 | | 0.454 | 0.912 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.950 | | 1 | | 1 | | 0.269 | 0.542 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.360 | | 0 | | 1 | | 2.087 | 4.195 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.340 | | 1 | | 1 | | 2.081 | 4.184 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.220 | | 0 | | 1 | | 0.913 | 1.835 | |
| 18:2 undifferentiated....g | 3.170 | | 1 | | 1 | | 0.899 | 1.807 | |
| 18:3 undifferentiated....g | 0.050 | | 1 | | 1 | | 0.014 | 0.029 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 2.7 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19402**
**Snacks, cornnuts, nacho-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 | 2.10 | 0.210 | 4 | | 1 | | 0.60 | 1.20 | |
| Energy....kcal | 438 | | 0 | NC | 4 | | 124 | 250 | |
| Energy....kJ | 1833 | | | | 4 | | 520 | 1045 | |
| Protein (N x 6.3)....g | 9.40 | 0.145 | 4 | | 1 | | 2.66 | 5.36 | |
| Total lipid (fat)....g | 14.20 | 0.385 | 4 | | 1 | | 4.03 | 8.09 | |
| Ash....g | 2.70 | 0.132 | 4 | | 1 | | 0.77 | 1.54 | |
| Carbohydrate, by difference....g | 71.60 | | 0 | NC | 4 | | 20.30 | 40.81 | |
| Fiber, total dietary....g | 8.0 | | 0 | | 1 | | 2.3 | 4.6 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 35 | 1.083 | 4 | | 1 | | 10 | 20 | |
| Iron, Fe....mg | 1.68 | 0.043 | 4 | | 1 | | 0.48 | 0.96 | |
| Magnesium, Mg....mg | 109 | 4.080 | 4 | | 1 | | 31 | 62 | |
| Phosphorus, P....mg | 309 | 4.966 | 4 | | 1 | | 88 | 176 | |
| Potassium, K....mg | 311 | 13.134 | 4 | | 1 | | 88 | 177 | |
| Sodium, Na....mg | 634 | 38.053 | 4 | | 1 | | 180 | 361 | |
| Zinc, Zn....mg | 1.80 | 0.138 | 4 | | 1 | | 0.51 | 1.03 | |
| Copper, Cu....mg | 0.152 | 0.017 | 4 | | 1 | | 0.043 | 0.087 | |
| Manganese, Mn....mg | 0.410 | 0.024 | 4 | | 1 | | 0.116 | 0.234 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 15.5 | | 1 | | 4 | | 4.4 | 8.8 | |
| Thiamin....mg | 0.366 | | 1 | | 4 | | 0.104 | 0.209 | |
| Riboflavin....mg | 0.079 | 0.001 | 3 | | 1 | | 0.022 | 0.045 | |
| Niacin....mg | 1.212 | 0.113 | 4 | | 1 | | 0.344 | 0.691 | |
| Pantothenic acid....mg | 0.539 | | 1 | | 4 | | 0.153 | 0.307 | |
| Vitamin B-6....mg | 0.205 | 0.005 | 4 | | 1 | | 0.058 | 0.117 | |
| Folate, total....µg | 15 | | 1 | | 4 | | 4 | 9 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 15 | | 1 | | 4 | | 4 | 9 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 4 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 2 | | 0 | NC | 4 | | 1 | 1 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 39 | | 1 | | 4 | | 11 | 22 | |
| 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 | 2.560 | | 0 | | 1 | | 0.726 | 1.459 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19402**
**Snacks, cornnuts, nacho-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.030 | | 1 | | 1 | | 0.009 | 0.017 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.590 | | 1 | | 1 | | 0.451 | 0.906 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.940 | | 1 | | 1 | | 0.266 | 0.536 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.310 | | 0 | | 1 | | 2.072 | 4.167 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.290 | | 1 | | 1 | | 2.067 | 4.155 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.200 | | 0 | | 1 | | 0.907 | 1.824 | |
| 18:2 undifferentiated....g | 3.150 | | 1 | | 1 | | 0.893 | 1.796 | |
| 18:3 undifferentiated....g | 0.050 | | 1 | | 1 | | 0.014 | 0.029 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 2 | 0.088 | 3 | | 1 | | 1 | 1 | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 3 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19403**
**Snacks, crisped rice bar, 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 | 6.70 | | 1 | | 1 | | 1.88 | | |
| Energy | kcal | 458 | | 0 | NC | 4 | | 128 | | |
| Energy | kJ | 1916 | | 0 | | 4 | | 537 | | |
| Protein (N x 5.6) | g | 7.00 | | 1 | | 1 | | 1.96 | | |
| Total lipid (fat) | g | 20.40 | | 1 | | 1 | | 5.71 | | |
| Ash | g | 1.40 | | 1 | | 1 | | 0.39 | | |
| Carbohydrate, by difference | g | 64.60 | | 0 | NC | 4 | | 18.09 | | |
| Fiber, total dietary | g | 3.6 | | 0 | | 1 | | 1.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 74 | | 1 | | 1 | | 21 | | |
| Iron, Fe | mg | 6.35 | | 1 | | 1 | | 1.78 | | |
| Magnesium, Mg | mg | 71 | | 1 | | 1 | | 20 | | |
| Phosphorus, P | mg | 167 | | 1 | | 1 | | 47 | | |
| Potassium, K | mg | 229 | | 1 | | 1 | | 64 | | |
| Sodium, Na | mg | 234 | | 1 | | 1 | | 66 | | |
| Zinc, Zn | mg | 5.29 | | 1 | | 1 | | 1.48 | | |
| Copper, Cu | mg | 0.247 | | 1 | | 1 | | 0.069 | | |
| Manganese, Mn | mg | 1.601 | | 1 | | 4 | | 0.448 | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 11.5 | | 1 | | 4 | | 3.2 | | |
| Thiamin | mg | 1.323 | | 1 | | 1 | | 0.370 | | |
| Riboflavin | mg | 1.499 | | 1 | | 1 | | 0.420 | | |
| Niacin | mg | 17.635 | | 1 | | 1 | | 4.938 | | |
| Pantothenic acid | mg | 0.556 | | 1 | | 4 | | 0.156 | | |
| Vitamin B-6 | mg | 1.764 | | 1 | | 1 | | 0.494 | | |
| Folate, total | µg | 0 | | 1 | | 1 | | 0 | | |
| Folic acid | µg | | | | | | | | | |
| Folate, food | µg | 0 | | 1 | | 1 | | 0 | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 2645 | | 1 | | 1 | | 741 | | |
| 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 | 3.770 | | 0 | | 1 | | 1.056 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19403**
**Snacks, crisped rice bar, almond**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 8:0 g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 10:0 g | 0.020 | | 1 | | 1 | | 0.006 | | |
| 12:0 g | 0.200 | | 1 | | 1 | | 0.056 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.120 | | 1 | | 1 | | 0.034 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.600 | | 1 | | 1 | | 0.728 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.780 | | 1 | | 1 | | 0.218 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.500 | | 0 | | 1 | | 2.100 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.020 | | 1 | | 1 | | 0.006 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.360 | | 1 | | 1 | | 2.061 | | |
| 20:1 g | 0.110 | | 1 | | 1 | | 0.031 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 7.730 | | 0 | | 1 | | 2.164 | | |
| 18:2 undifferentiated g | 7.380 | | 1 | | 1 | | 2.066 | | |
| 18:3 undifferentiated g | 0.310 | | 1 | | 1 | | 0.087 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.100 | | 0 | | 1 | | 0.028 | | |
| Threonine g | 0.231 | | 0 | | 1 | | 0.065 | | |
| Isoleucine g | 0.274 | | 0 | | 1 | | 0.077 | | |
| Leucine g | 0.508 | | 0 | | 1 | | 0.142 | | |
| Lysine g | 0.246 | | 0 | | 1 | | 0.069 | | |
| Methionine g | 0.111 | | 0 | | 1 | | 0.031 | | |
| Cystine g | 0.136 | | 0 | | 1 | | 0.038 | | |
| Phenylalanine g | 0.353 | | 0 | | 1 | | 0.099 | | |
| Tyrosine g | 0.248 | | 0 | | 1 | | 0.069 | | |
| Valine g | 0.358 | | 0 | | 1 | | 0.100 | | |
| Arginine g | 0.622 | | 0 | | 1 | | 0.174 | | |
| Histidine g | 0.166 | | 0 | | 1 | | 0.046 | | |
| Alanine g | 0.333 | | 0 | | 1 | | 0.093 | | |
| Aspartic acid g | 0.645 | | 0 | | 1 | | 0.181 | | |
| Glutamic acid g | 1.574 | | 0 | | 1 | | 0.441 | | |
| Glycine g | 0.345 | | 0 | | 1 | | 0.097 | | |
| Proline g | 0.373 | | 0 | | 1 | | 0.104 | | |
| Serine g | 0.302 | | 0 | | 1 | | 0.085 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19403**
**Snacks, crisped rice bar, almond**

**Calories Factors: Protein** 3.5 **Fat** 8.6 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19010**
**Snacks, crisped rice bar, chocolate chip**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.00 | | 1 | | 1 | | 1.96 | | |
| Energy | kcal | 404 | | 0 | | 4 | | 113 | | |
| Energy | kJ | 1690 | | | | 4 | | 473 | | |
| Protein (N x 5.8) | g | 5.10 | | 2 | | 1 | | 1.43 | | |
| Total lipid (fat) | g | 13.50 | | 2 | | 1 | | 3.78 | | |
| Ash | g | 1.30 | | 1 | | 1 | | 0.36 | | |
| Carbohydrate, by difference | g | 73.00 | | 0 | NC | 4 | | 20.44 | | |
| Fiber, total dietary | g | 2.2 | | 0 | | 1 | | 0.6 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 2 | | 1 | | 6 | | |
| Iron, Fe | mg | 6.30 | | 2 | | 1 | | 1.76 | | |
| Magnesium, Mg | mg | 48 | | 2 | | 1 | | 13 | | |
| Phosphorus, P | mg | 134 | | 2 | | 1 | | 38 | | |
| Potassium, K | mg | 168 | | 2 | | 1 | | 47 | | |
| Sodium, Na | mg | 278 | | 1 | | 1 | | 78 | | |
| Zinc, Zn | mg | 0.86 | | 1 | | 1 | | 0.24 | | |
| Copper, Cu | mg | 0.310 | | 2 | | 1 | | 0.087 | | |
| Manganese, Mn | mg | 0.999 | | 1 | | 4 | | 0.280 | | |
| Selenium, Se | µg | 9.7 | | 0 | FLM | 4 | | 2.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.530 | | 2 | | 1 | | 0.148 | | |
| Riboflavin | mg | 0.600 | | 2 | | 1 | | 0.168 | | |
| Niacin | mg | 7.050 | | 2 | | 1 | | 1.974 | | |
| Pantothenic acid | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.705 | | 2 | | 1 | | 0.197 | | |
| Folate, total | µg | 140 | | 1 | | 1 | | 39 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 140 | | 1 | | 1 | | 39 | | |
| Folate, DFE | mcg_DFE | 140 | | 0 | NC | 4 | | 39 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 1764 | | 2 | | 1 | | 494 | | |
| 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 | 5.240 | | 0 | | 1 | | 1.467 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19010**
**Snacks, crisped rice bar, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 6:0 ... g | 0.010 | | 2 | | 1 | | 0.003 | | |
| 8:0 ... g | 0.080 | | 2 | | 1 | | 0.022 | | |
| 10:0 ... g | 0.060 | | 2 | | 1 | | 0.017 | | |
| 12:0 ... g | 0.460 | | 2 | | 1 | | 0.129 | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.200 | | 2 | | 1 | | 0.056 | | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.460 | | 2 | | 1 | | 0.689 | | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.980 | | 2 | | 1 | | 0.554 | | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 3.990 | | 0 | | 1 | | 1.117 | | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.030 | | 2 | | 1 | | 0.008 | | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 3.970 | | 2 | | 1 | | 1.112 | | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 3.650 | | 0 | | 1 | | 1.022 | | |
| 18:2 undifferentiated ... g | 3.450 | | 2 | | 1 | | 0.966 | | |
| 18:3 undifferentiated ... g | 0.200 | | 2 | | 1 | | 0.056 | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 (EPA) ... g | | | | | | | | | |
| 22:5 n-3 (DPA) ... g | | | | | | | | | |
| 22:6 n-3 (DHA) ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.075 | | 0 | | 1 | | 0.021 | | |
| Threonine ... g | 0.164 | | 0 | | 1 | | 0.046 | | |
| Isoleucine ... g | 0.200 | | 0 | | 1 | | 0.056 | | |
| Leucine ... g | 0.390 | | 0 | | 1 | | 0.109 | | |
| Lysine ... g | 0.201 | | 0 | | 1 | | 0.056 | | |
| Methionine ... g | 0.102 | | 0 | | 1 | | 0.029 | | |
| Cystine ... g | 0.121 | | 0 | | 1 | | 0.034 | | |
| Phenylalanine ... g | 0.260 | | 0 | | 1 | | 0.073 | | |
| Tyrosine ... g | 0.198 | | 0 | | 1 | | 0.055 | | |
| Valine ... g | 0.287 | | 0 | | 1 | | 0.080 | | |
| Arginine ... g | 0.389 | | 0 | | 1 | | 0.109 | | |
| Histidine ... g | 0.116 | | 0 | | 1 | | 0.032 | | |
| Alanine ... g | 0.263 | | 0 | | 1 | | 0.074 | | |
| Aspartic acid ... g | 0.459 | | 0 | | 1 | | 0.129 | | |
| Glutamic acid ... g | 0.979 | | 0 | | 1 | | 0.274 | | |
| Glycine ... g | 0.244 | | 0 | | 1 | | 0.068 | | |
| Proline ... g | 0.253 | | 0 | | 1 | | 0.071 | | |
| Serine ... g | 0.253 | | 0 | | 1 | | 0.071 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19010**
**Snacks, crisped rice bar, chocolate chip**

**Calories Factors: Protein** 3.4 **Fat** 8.6 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19274**
**Snacks, fruit leather, pieces, with vitamin C**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 10.20 | | 0 | BFZN | 4 | | | | |
| Energy | kcal | 373 | | 0 | BFZN | 4 | | | | |
| Energy | kJ | 1561 | | 0 | | 4 | | | | |
| Protein | g | 0.10 | | 0 | BFZN | 4 | | | | |
| Total lipid (fat) | g | 3.50 | | 0 | BFZN | 4 | | | | |
| Ash | g | 1.00 | | 0 | BFZN | 4 | | | | |
| Carbohydrate, by difference | g | 85.20 | | 0 | BFZN | 4 | | | | |
| Fiber, total dietary | g | 3.5 | | 0 | BFZN | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 0 | BFZN | 4 | | | | |
| Iron, Fe | mg | 0.75 | | 0 | BFZN | 4 | | | | |
| Magnesium, Mg | mg | 14 | | 0 | BFZN | 4 | | | | |
| Phosphorus, P | mg | 24 | | 0 | BFZN | 4 | | | | |
| Potassium, K | mg | 164 | | 0 | BFZN | 4 | | | | |
| Sodium, Na | mg | 317 | | 0 | BFZN | 4 | | | | |
| Zinc, Zn | mg | 0.19 | | 0 | BFZN | 4 | | | | |
| Copper, Cu | mg | 0.171 | | 0 | BFZN | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 3.2 | | 0 | BFZN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 120.0 | | 0 | BFZN | 4 | | | | |
| Thiamin | mg | 0.043 | | 0 | BFZN | 4 | | | | |
| Riboflavin | mg | 0.100 | | 0 | BFZN | 4 | | | | |
| Niacin | mg | 0.100 | | 0 | BFZN | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.300 | | 0 | BFZN | 4 | | | | |
| Folate, total | µg | 14 | | 0 | BFZN | 4 | | | | |
| Folic acid | µg | | | | | | | | | |
| Folate, food | µg | 14 | | 0 | BFZN | 4 | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | BFZN | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 116 | | 0 | BFZN | 4 | | | | |
| 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 | 0.990 | | 0 | BFZN | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | Z | 7 | | | | |

**NDB No. 19274**
**Snacks, fruit leather, pieces, with vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 ... g | 0.000 | | 0 | Z | 7 | | | | |
| 8:0 ... g | 0.002 | | 0 | BFZN | 4 | | | | |
| 10:0 ... g | 0.002 | | 0 | BFZN | 4 | | | | |
| 12:0 ... g | 0.008 | | 0 | BFZN | 4 | | | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.023 | | 0 | BFZN | 4 | | | | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.614 | | 0 | BFZN | 4 | | | | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.330 | | 0 | BFZN | 4 | | | | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.724 | | 0 | BFZN | 4 | | | | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.014 | | 0 | BFZN | 4 | | | | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 1.703 | | 0 | BFZN | 4 | | | | |
| 20:1 ... g | 0.006 | | 0 | BFZN | 4 | | | | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | Z | 7 | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.093 | | 0 | BFZN | 4 | | | | |
| 18:2 undifferentiated ... g | 0.080 | | 0 | BFZN | 4 | | | | |
| 18:3 undifferentiated ... g | 0.011 | | 0 | BFZN | 4 | | | | |
| 18:4 ... g | 0.000 | | 0 | Z | 7 | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.002 | | 0 | BFZN | 4 | | | | |
| 20:5 n-3 (EPA) ... g | 0.000 | | 0 | Z | 7 | | | | |
| 22:5 n-3 (DPA) ... g | 0.000 | | 0 | Z | 7 | | | | |
| 22:6 n-3 (DHA) ... g | 0.000 | | 0 | Z | 7 | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 0 | | 0 | BFZN | 4 | | | | |
| Phytosterols ... mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine ... mg | | | | | | | | | |
| Theobromine ... mg | | | | | | | | | |

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

**Common Measures:**

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

**Food Group:** 25 Snacks

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

**NDB No. 25053**
**Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.70 | | 0 | FLC | 4 | | | | |
| Energy....kcal | 487 | | 1 | NC | 4 | | | | |
| Energy....kJ | 2037 | | 0 | NC | 4 | | | | |
| Protein (N x 6.25)....g | 9.14 | | 1 | LC | 8 | | | | |
| Total lipid (fat)....g | 22.86 | | 1 | LC | 8 | | | | |
| Ash....g | 2.76 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference....g | 61.14 | | 1 | LC | 8 | | | | |
| Fiber, total dietary....g | 2.9 | | 1 | LC | 8 | | | | |
| Sugars, total....g | 33.14 | | 1 | LC | 8 | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 57 | | 1 | LC | 8 | | | | |
| Iron, Fe....mg | 1.44 | | 1 | LC | 8 | | | | |
| Magnesium, Mg....mg | 102 | | 0 | FLC | 4 | | | | |
| Phosphorus, P....mg | 272 | | 0 | FLC | 4 | | | | |
| Potassium, K....mg | 390 | | 0 | FLC | 4 | | | | |
| Sodium, Na....mg | 414 | | 1 | FLC | 4 | | | | |
| Zinc, Zn....mg | 1.77 | | 0 | FLC | 4 | | | | |
| Copper, Cu....mg | 0.339 | | 0 | FLC | 4 | | | | |
| Manganese, Mn....mg | 1.157 | | 0 | FLC | 4 | | | | |
| Selenium, Se....µg | 10.0 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 0 | FLC | 4 | | | | |
| Thiamin....mg | 0.357 | | 0 | FLC | 4 | | | | |
| Riboflavin....mg | 0.528 | | 0 | FLC | 4 | | | | |
| Niacin....mg | 3.413 | | 0 | FLC | 4 | | | | |
| Pantothenic acid....mg | 0.644 | | 0 | FLC | 4 | | | | |
| Vitamin B-6....mg | 0.320 | | 0 | FLC | 4 | | | | |
| Folate, total....µg | 55 | | 0 | FLC | 4 | | | | |
| Folic acid....µg | 33 | | 0 | FLC | 4 | | | | |
| Folate, food....µg | 21 | | 0 | FLC | 4 | | | | |
| Folate, DFE....mcg_DFE | 78 | | 0 | NC | 4 | | | | |
| Choline, total....mg | 49.1 | | 0 | FLC | 4 | | | | |
| Betaine....mg | 2.8 | | 0 | FLC | 4 | | | | |
| Vitamin B-12....µg | 0.25 | | 0 | FLC | 4 | | | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE....mcg_RAE | 142 | | 0 | NC | 4 | | | | |
| Retinol....µg | 142 | | 0 | FLC | 4 | | | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU....IU | 473 | | 0 | NC | 4 | | | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin....µg | 9 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol)....mg | 6.89 | | 0 | FLC | 4 | | | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta....mg | 0.10 | | 0 | FLC | 4 | | | | |
| Tocopherol, gamma....mg | 1.94 | | 0 | FLC | 4 | | | | |
| Tocopherol, delta....mg | 0.09 | | 0 | FLC | 4 | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | AS | 1 | | | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | 0.0 | | 0 | FLC | 4 | | | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | | | |
| Vitamin K (phylloquinone)....µg | 11.7 | | 0 | FLC | 4 | | | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | | | |
| Menaquinone-4....µg | 0.0 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 25053**

**Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 6.857 | | 1 | LC | 8 | | | | |
| 4:0....g | 0.006 | | 0 | FLC | 4 | | | | |
| 6:0....g | 0.002 | | 0 | FLC | 4 | | | | |
| 8:0....g | 0.001 | | 0 | FLC | 4 | | | | |
| 10:0....g | 0.003 | | 0 | FLC | 4 | | | | |
| 12:0....g | 0.002 | | 0 | FLC | 4 | | | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0....g | 0.037 | | 0 | FLC | 4 | | | | |
| 15:0....g | 0.001 | | 0 | FLC | 4 | | | | |
| 16:0....g | 5.238 | | 0 | FLC | 4 | | | | |
| 17:0....g | 0.009 | | 0 | FLC | 4 | | | | |
| 18:0....g | 1.299 | | 0 | FLC | 4 | | | | |
| 20:0....g | 0.128 | | 0 | FLC | 4 | | | | |
| 22:0....g | 0.066 | | 0 | FLC | 4 | | | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total monounsaturated....g | 9.083 | | 0 | FLC | 4 | | | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:1 undifferentiated....g | 0.068 | | 0 | FLC | 4 | | | | |
| 17:1....g | 0.010 | | 0 | FLC | 4 | | | | |
| 18:1 undifferentiated....g | 8.939 | | 0 | FLC | 4 | | | | |
| 20:1....g | 0.066 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total polyunsaturated....g | 5.141 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated....g | 4.552 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated....g | 0.589 | | 0 | FLC | 4 | | | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans....g | 0.000 | | 1 | LC | 8 | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | | | |
| Phytosterols....mg | 29 | | 0 | FLC | 4 | | | | |
| Stigmasterol....mg | 1 | | 0 | FLC | 4 | | | | |
| Campesterol....mg | 16 | | 0 | FLC | 4 | | | | |
| Beta-sitosterol....mg | 52 | | 0 | FLC | 4 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.106 | | 0 | FLC | 4 | | | | |
| Threonine....g | 0.312 | | 0 | FLC | 4 | | | | |
| Isoleucine....g | 0.358 | | 0 | FLC | 4 | | | | |
| Leucine....g | 0.698 | | 0 | FLC | 4 | | | | |
| Lysine....g | 0.397 | | 0 | FLC | 4 | | | | |
| Methionine....g | 0.131 | | 0 | FLC | 4 | | | | |
| Cystine....g | 0.158 | | 0 | FLC | 4 | | | | |
| Phenylalanine....g | 0.471 | | 0 | FLC | 4 | | | | |
| Tyrosine....g | 0.277 | | 0 | FLC | 4 | | | | |
| Valine....g | 0.429 | | 0 | FLC | 4 | | | | |
| Arginine....g | 0.784 | | 0 | FLC | 4 | | | | |
| Histidine....g | 0.239 | | 0 | FLC | 4 | | | | |
| Alanine....g | 0.404 | | 0 | FLC | 4 | | | | |
| Aspartic acid....g | 0.977 | | 0 | FLC | 4 | | | | |
| Glutamic acid....g | 2.122 | | 0 | FLC | 4 | | | | |
| Glycine....g | 0.488 | | 0 | FLC | 4 | | | | |
| Proline....g | 0.525 | | 0 | FLC | 4 | | | | |
| Serine....g | 0.447 | | 0 | FLC | 4 | | | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | | | |

**NDB No. 25053**

**Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Caffeine.....mg | 0 | | 0 | 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:** 25 Snacks

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

**NDB No. 25055**

**Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.30 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 415 | | 0 | NC | 4 | | | | |
| Energy | kJ | 1721 | | 0 | NC | 4 | | | | |
| Protein (N x 6.25) | g | 5.71 | | 1 | LC | 8 | | | | |
| Total lipid (fat) | g | 11.43 | | 1 | LC | 8 | | | | |
| Ash | g | 1.29 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 72.27 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 3.8 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 42.86 | | 1 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 116 | | 0 | FLC | 4 | | | | |
| Iron, Fe | mg | 8.71 | | 0 | FLC | 4 | | | | |
| Magnesium, Mg | mg | 63 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 168 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 189 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 286 | | 1 | FLC | 4 | | | | |
| Zinc, Zn | mg | 1.35 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.226 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 1.057 | | 0 | FLC | 4 | | | | |
| Selenium, Se | µg | 10.5 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | FLC | 4 | | | | |
| Thiamin | mg | 0.640 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.391 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 5.443 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.422 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.520 | | 0 | FLC | 4 | | | | |
| Folate, total | µg | 92 | | 0 | FLC | 4 | | | | |
| Folic acid | µg | 72 | | 0 | FLC | 4 | | | | |
| Folate, food | µg | 21 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 142 | | 0 | NC | 4 | | | | |
| Choline, total | mg | 28.6 | | 0 | FLC | 4 | | | | |
| Betaine | mg | 1.0 | | 0 | FLC | 4 | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLC | 4 | | | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 302 | | 0 | NC | 4 | | | | |
| Retinol | µg | 302 | | 0 | FLC | 4 | | | | |
| Carotene, beta | µg | 1 | | 0 | FLC | 4 | | | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 1007 | | 0 | NC | 4 | | | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 2.66 | | 0 | FLC | 4 | | | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | 0.05 | | 0 | FLC | 4 | | | | |
| Tocopherol, gamma | mg | 0.81 | | 0 | FLC | 4 | | | | |
| Tocopherol, delta | mg | 0.04 | | 0 | FLC | 4 | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | FLC | 4 | | | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | 0 | FLC | 4 | | | | |
| Vitamin K (phylloquinone) | µg | 7.5 | | 0 | FLC | 4 | | | | |
| Dihydrophylloquinone | µg | 0.0 | | 0 | FLC | 4 | | | | |
| Menaquinone-4 | µg | 0.0 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25055**

**Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.857 | | 1 | LC | 8 | | | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0....g | 0.010 | | 0 | FLC | 4 | | | | |
| 15:0....g | 0.001 | | 0 | FLC | 4 | | | | |
| 16:0....g | 1.117 | | 0 | FLC | 4 | | | | |
| 17:0....g | 0.002 | | 0 | FLC | 4 | | | | |
| 18:0....g | 0.260 | | 0 | FLC | 4 | | | | |
| 20:0....g | 0.024 | | 0 | FLC | 4 | | | | |
| 22:0....g | 0.020 | | 0 | FLC | 4 | | | | |
| 24:0....g | 0.002 | | 0 | FLC | 4 | | | | |
| Fatty acids, total monounsaturated....g | 4.585 | | 0 | FLC | 4 | | | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:1 undifferentiated....g | 0.028 | | 0 | FLC | 4 | | | | |
| 17:1....g | 0.002 | | 0 | FLC | 4 | | | | |
| 18:1 undifferentiated....g | 4.486 | | 0 | FLC | 4 | | | | |
| 20:1....g | 0.068 | | 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 | 4.028 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated....g | 3.619 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated....g | 0.408 | | 0 | FLC | 4 | | | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans....g | 0.000 | | 1 | LC | 8 | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | | | |
| Phytosterols....mg | 14 | | 0 | FLC | 4 | | | | |
| Stigmasterol....mg | 0 | | 0 | FLC | 4 | | | | |
| Campesterol....mg | 7 | | 0 | FLC | 4 | | | | |
| Beta-sitosterol....mg | 15 | | 0 | FLC | 4 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.074 | | 0 | FLC | 4 | | | | |
| Threonine....g | 0.171 | | 0 | FLC | 4 | | | | |
| Isoleucine....g | 0.218 | | 0 | FLC | 4 | | | | |
| Leucine....g | 0.409 | | 0 | FLC | 4 | | | | |
| Lysine....g | 0.259 | | 0 | FLC | 4 | | | | |
| Methionine....g | 0.089 | | 0 | FLC | 4 | | | | |
| Cystine....g | 0.151 | | 0 | FLC | 4 | | | | |
| Phenylalanine....g | 0.289 | | 0 | FLC | 4 | | | | |
| Tyrosine....g | 0.171 | | 0 | FLC | 4 | | | | |
| Valine....g | 0.292 | | 0 | FLC | 4 | | | | |
| Arginine....g | 0.456 | | 0 | FLC | 4 | | | | |
| Histidine....g | 0.132 | | 0 | FLC | 4 | | | | |
| Alanine....g | 0.248 | | 0 | FLC | 4 | | | | |
| Aspartic acid....g | 0.565 | | 0 | FLC | 4 | | | | |
| Glutamic acid....g | 1.263 | | 0 | FLC | 4 | | | | |
| Glycine....g | 0.302 | | 0 | FLC | 4 | | | | |
| Proline....g | 0.207 | | 0 | FLC | 4 | | | | |
| Serine....g | 0.271 | | 0 | FLC | 4 | | | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | | | |

**NDB No. 25055**

**Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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:** 25 Snacks

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

**NDB No. 25054**
**Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 7.18 | | 0 | FLC | 4 | | 2.51 | | |
| Energy....kcal | 423 | | 0 | FLC | 4 | | 148 | | |
| Energy....kJ | 1768 | | 0 | FLC | 4 | | 619 | | |
| Protein....g | 5.71 | | 0 | LC | 8 | | 2.00 | | |
| Total lipid (fat)....g | 11.43 | | 0 | LC | 8 | | 4.00 | | |
| Ash....g | 1.43 | | 0 | FLC | 4 | | 0.50 | | |
| Carbohydrate, by difference....g | 74.29 | | 0 | LC | 8 | | 26.00 | | |
| Fiber, total dietary....g | 4.4 | | 0 | FLC | 4 | | 1.5 | | |
| Sugars, total....g | 40.00 | | 0 | FLC | 4 | | 14.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 286 | | 0 | LC | 8 | | 100 | | |
| Iron, Fe....mg | 1.03 | | 0 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 62 | | 0 | FLC | 4 | | 22 | | |
| Phosphorus, P....mg | 191 | | 0 | FLC | 4 | | 67 | | |
| Potassium, K....mg | 168 | | 0 | FLC | 4 | | 59 | | |
| Sodium, Na....mg | 271 | | 0 | LC | 8 | | 95 | | |
| Zinc, Zn....mg | 1.58 | | 0 | FLC | 4 | | 0.55 | | |
| Copper, Cu....mg | 0.173 | | 0 | FLC | 4 | | 0.061 | | |
| Manganese, Mn....mg | 1.297 | | 0 | FLC | 4 | | 0.454 | | |
| Selenium, Se....µg | 12.3 | | 0 | FLC | 4 | | 4.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin....mg | 0.905 | | 0 | FLC | 4 | | 0.317 | | |
| Riboflavin....mg | 0.542 | | 0 | FLC | 4 | | 0.190 | | |
| Niacin....mg | 7.302 | | 0 | FLC | 4 | | 2.556 | | |
| Pantothenic acid....mg | 0.499 | | 0 | FLC | 4 | | 0.175 | | |
| Vitamin B-6....mg | 0.708 | | 0 | FLC | 4 | | 0.248 | | |
| Folate, total....µg | 126 | | 0 | FLC | 4 | | 44 | | |
| Folic acid....µg | 112 | | 0 | FLC | 4 | | 39 | | |
| Folate, food....µg | 14 | | 0 | FLC | 4 | | 5 | | |
| Folate, DFE....mcg_DFE | 205 | | 0 | NC | 4 | | 72 | | |
| Choline, total....mg | 19.6 | | 0 | FLC | 4 | | 6.8 | | |
| Betaine....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin B-12....µg | 0.01 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 475 | | 0 | NC | 4 | | 166 | | |
| Retinol....µg | 475 | | 0 | FLC | 4 | | 166 | | |
| 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 | 1582 | | 0 | NC | 4 | | 554 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.70 | | 0 | FLC | 4 | | 0.60 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | 0.02 | | 0 | FLC | 4 | | 0.01 | | |
| Tocopherol, gamma....mg | 2.41 | | 0 | FLC | 4 | | 0.84 | | |
| Tocopherol, delta....mg | 0.10 | | 0 | FLC | 4 | | 0.04 | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | AS | 1 | | 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 | 6.9 | | 0 | FLC | 4 | | 2.4 | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 25054**

**Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.372 | | 0 | FLC | 4 | | 0.480 | | |
| 4:0....g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 6:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 8:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 12:0....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.020 | | 0 | FLC | 4 | | 0.007 | | |
| 15:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 1.004 | | 0 | FLC | 4 | | 0.351 | | |
| 17:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 18:0....g | 0.241 | | 0 | FLC | 4 | | 0.084 | | |
| 20:0....g | 0.060 | | 0 | FLC | 4 | | 0.021 | | |
| 22:0....g | 0.032 | | 0 | FLC | 4 | | 0.011 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.372 | | 0 | FLC | 4 | | 2.230 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.027 | | 0 | FLC | 4 | | 0.009 | | |
| 17:1....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 6.212 | | 0 | FLC | 4 | | 2.174 | | |
| 20:1....g | 0.132 | | 0 | FLC | 4 | | 0.046 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.476 | | 0 | FLC | 4 | | 1.217 | | |
| 18:2 undifferentiated....g | 2.661 | | 0 | FLC | 4 | | 0.931 | | |
| 18:3 undifferentiated....g | 0.815 | | 0 | FLC | 4 | | 0.285 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.037 | | 0 | FLC | 4 | | 0.013 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| Stigmasterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Campesterol....mg | | | | | | | | | |
| Beta-sitosterol....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | | | | | | | | | |
| Threonine....g | 0.164 | | 0 | FLC | 4 | | 0.058 | | |
| Isoleucine....g | 0.223 | | 0 | FLC | 4 | | 0.078 | | |
| Leucine....g | 0.430 | | 0 | FLC | 4 | | 0.151 | | |
| Lysine....g | 0.303 | | 0 | FLC | 4 | | 0.106 | | |
| Methionine....g | 0.097 | | 0 | FLC | 4 | | 0.034 | | |
| Cystine....g | 0.192 | | 0 | FLC | 4 | | 0.067 | | |
| Phenylalanine....g | 0.294 | | 0 | FLC | 4 | | 0.103 | | |
| Tyrosine....g | 0.171 | | 0 | FLC | 4 | | 0.060 | | |
| Valine....g | 0.316 | | 0 | FLC | 4 | | 0.110 | | |
| Arginine....g | 0.373 | | 0 | FLC | 4 | | 0.130 | | |
| Histidine....g | 0.128 | | 0 | FLC | 4 | | 0.045 | | |
| Alanine....g | 0.247 | | 0 | FLC | 4 | | 0.086 | | |
| Aspartic acid....g | 0.520 | | 0 | FLC | 4 | | 0.182 | | |
| Glutamic acid....g | 1.218 | | 0 | FLC | 4 | | 0.426 | | |
| Glycine....g | 0.279 | | 0 | FLC | 4 | | 0.098 | | |
| Proline....g | 0.179 | | 0 | FLC | 4 | | 0.062 | | |
| Serine....g | 0.281 | | 0 | FLC | 4 | | 0.098 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

**NDB No. 25054**
**Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 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 = 35g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25032**
**Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.23 | | 0 | FLC | 4 | | 7.20 | | |
| Energy | kcal | 390 | | 0 | NC | 4 | | 304 | | |
| Energy | kJ | 1630 | | 0 | NC | 4 | | 1271 | | |
| Protein | g | 16.67 | | 1 | LC | 8 | | 13.00 | | |
| Total lipid (fat) | g | 7.69 | | 1 | LC | 8 | | 6.00 | | |
| Ash | g | 2.99 | | 0 | FLC | 4 | | 2.33 | | |
| Carbohydrate, by difference | g | 63.42 | | 0 | NC | 4 | | 49.47 | | |
| Fiber, total dietary | g | 7.7 | | 1 | LC | 8 | | 6.0 | | |
| Sugars, total | g | 42.31 | | 1 | LC | 8 | | 33.00 | | |
| Starch | g | 0.01 | | 0 | FLC | 4 | | 0.01 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | | 1 | LC | 8 | | 80 | | |
| Iron, Fe | mg | 1.62 | | 1 | LC | 8 | | 1.26 | | |
| Magnesium, Mg | mg | 321 | | 1 | LC | 8 | | 250 | | |
| Phosphorus, P | mg | 255 | | 0 | FLC | 4 | | 199 | | |
| Potassium, K | mg | 429 | | 0 | FLC | 4 | | 335 | | |
| Sodium, Na | mg | 321 | | 1 | LC | 8 | | 250 | | |
| Zinc, Zn | mg | 1.40 | | 0 | FLC | 4 | | 1.09 | | |
| Copper, Cu | mg | 0.382 | | 0 | FLC | 4 | | 0.298 | | |
| Manganese, Mn | mg | 0.562 | | 0 | FLC | 4 | | 0.438 | | |
| Selenium, Se | µg | 11.3 | | 0 | FLC | 4 | | 8.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 1 | LC | 8 | | 0.3 | | |
| Thiamin | mg | 0.135 | | 0 | FLC | 4 | | 0.105 | | |
| Riboflavin | mg | 0.151 | | 0 | FLC | 4 | | 0.118 | | |
| Niacin | mg | 0.680 | | 0 | FLC | 4 | | 0.531 | | |
| Pantothenic acid | mg | 0.503 | | 0 | FLC | 4 | | 0.392 | | |
| Vitamin B-6 | mg | 0.095 | | 0 | FLC | 4 | | 0.074 | | |
| Folate, total | µg | 39 | | 0 | FLC | 4 | | 30 | | |
| Folic acid | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 38 | | 0 | FLC | 4 | | 30 | | |
| Folate, DFE | mcg_DFE | 39 | | 0 | NC | 4 | | 31 | | |
| Choline, total | mg | 48.4 | | 0 | FLC | 4 | | 37.8 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.16 | | 0 | FLC | 4 | | 0.13 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 13 | | |
| Retinol | µg | 16 | | 0 | FLC | 4 | | 13 | | |
| Carotene, beta | µg | 5 | | 0 | FLC | 4 | | 4 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 1 | | 0 | FLC | 4 | | 1 | | |
| Vitamin A, IU | IU | 63 | | 0 | NC | 4 | | 49 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 43 | | 0 | FLC | 4 | | 33 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.81 | | 0 | FLC | 4 | | 0.63 | | |
| 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 | 0.2 | | 0 | AS | 1 | | 0.1 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | 0.2 | | 0 | FLC | 4 | | 0.1 | | |
| Vitamin D | IU | 7 | | 0 | O | 4 | | 6 | | |
| Vitamin K (phylloquinone) | µg | 3.6 | | 0 | FLC | 4 | | 2.8 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25032**

**Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 3.227 | | 0 | NC | 4 | | 2.517 | | |
| 4:0....g | 0.072 | | 0 | FLC | 4 | | 0.056 | | |
| 6:0....g | 0.044 | | 0 | FLC | 4 | | 0.034 | | |
| 8:0....g | 0.094 | | 0 | FLC | 4 | | 0.073 | | |
| 10:0....g | 0.133 | | 0 | FLC | 4 | | 0.104 | | |
| 12:0....g | 1.005 | | 0 | FLC | 4 | | 0.784 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.512 | | 0 | FLC | 4 | | 0.399 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.960 | | 0 | FLC | 4 | | 0.749 | | |
| 17:0....g | 0.010 | | 0 | FLC | 4 | | 0.008 | | |
| 18:0....g | 0.395 | | 0 | FLC | 4 | | 0.308 | | |
| 20:0....g | 0.002 | | 0 | FLC | 4 | | 0.002 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 2.558 | | 0 | NC | 4 | | 1.995 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.047 | | 0 | FLC | 4 | | 0.037 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.471 | | 0 | FLC | 4 | | 1.928 | | |
| 20:1....g | 0.030 | | 0 | FLC | 4 | | 0.024 | | |
| 22:1 undifferentiated....g | 0.010 | | 0 | FLC | 4 | | 0.008 | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 1.228 | | 0 | NC | 4 | | 0.958 | | |
| 18:2 undifferentiated....g | 1.033 | | 0 | FLC | 4 | | 0.805 | | |
| 18:3 undifferentiated....g | 0.195 | | 0 | FLC | 4 | | 0.152 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 6 | | 0 | FLC | 4 | | 4 | | |
| Phytosterols....mg | 5 | | 0 | FLC | 4 | | 4 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 3 | | 0 | FLC | 4 | | 3 | | |
| Theobromine....mg | 31 | | 0 | FLC | 4 | | 24 | | |

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

**Common Measures:**

Measure 1 = 78g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25034**
**Snacks, granola bar, KASHI GOLEAN, crunchy, mixed 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 | 9.43 | | 0 | FLC | 4 | | 4.43 | | |
| Energy....kcal | 393 | | 0 | NC | 4 | | 185 | | |
| Energy....kJ | 1644 | | 0 | NC | 4 | | 773 | | |
| Protein....g | 17.88 | | 1 | LC | 8 | | 8.40 | | |
| Total lipid (fat)....g | 9.23 | | 1 | LC | 8 | | 4.34 | | |
| Ash....g | 3.89 | | 0 | FLC | 4 | | 1.83 | | |
| Carbohydrate, by difference....g | 59.58 | | 0 | NC | 4 | | 28.00 | | |
| Fiber, total dietary....g | 5.9 | | 1 | LC | 8 | | 2.8 | | |
| Sugars, total....g | 27.30 | | 0 | FLC | 4 | | 12.83 | | |
| Starch....g | 6.64 | | 0 | FLC | 4 | | 3.12 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 434 | | 0 | FLC | 4 | | 204 | | |
| Iron, Fe....mg | 5.20 | | 0 | FLC | 4 | | 2.45 | | |
| Magnesium, Mg....mg | 86 | | 1 | LC | 8 | | 40 | | |
| Phosphorus, P....mg | 263 | | 0 | FLC | 4 | | 124 | | |
| Potassium, K....mg | 300 | | 0 | FLC | 4 | | 141 | | |
| Sodium, Na....mg | 486 | | 1 | LC | 8 | | 229 | | |
| Zinc, Zn....mg | 4.83 | | 1 | LC | 8 | | 2.27 | | |
| Copper, Cu....mg | 0.790 | | 0 | FLC | 4 | | 0.371 | | |
| Manganese, Mn....mg | 1.108 | | 0 | FLC | 4 | | 0.521 | | |
| Selenium, Se....µg | 6.1 | | 0 | FLC | 4 | | 2.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 19.3 | | 1 | LC | 8 | | 9.1 | | |
| Thiamin....mg | 0.259 | | 0 | FLC | 4 | | 0.122 | | |
| Riboflavin....mg | 0.179 | | 0 | FLC | 4 | | 0.084 | | |
| Niacin....mg | 1.888 | | 0 | FLC | 4 | | 0.887 | | |
| Pantothenic acid....mg | 0.316 | | 0 | FLC | 4 | | 0.148 | | |
| Vitamin B-6....mg | 1.073 | | 1 | LC | 8 | | 0.504 | | |
| Folate, total....µg | 215 | | 1 | LC | 8 | | 101 | | |
| Folic acid....µg | 70 | | 0 | FLC | 4 | | 33 | | |
| Folate, food....µg | 144 | | 0 | FLC | 4 | | 68 | | |
| Folate, DFE....mcg_DFE | 264 | | 0 | NC | 4 | | 124 | | |
| Choline, total....mg | 43.8 | | 0 | FLC | 4 | | 20.6 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 3.22 | | 1 | LC | 8 | | 1.51 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 50 | | 0 | NC | 4 | | 24 | | |
| Retinol....µg | 50 | | 0 | FLC | 4 | | 23 | | |
| Carotene, beta....µg | 7 | | 0 | FLC | 4 | | 3 | | |
| Carotene, alpha....µg | 3 | | 0 | FLC | 4 | | 1 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 179 | | 0 | FLC | 4 | | 84 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 64 | | 0 | FLC | 4 | | 30 | | |
| Vitamin E (alpha-tocopherol)....mg | 10.27 | | 1 | LC | 8 | | 4.83 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | AS | 1 | | 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 | 1.7 | | 0 | FLC | 4 | | 0.8 | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 25034**
**Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 4.687 | | 0 | FLC | 4 | | 2.203 | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0....g | 0.010 | | 0 | FLC | 4 | | 0.005 | | |
| 8:0....g | 0.164 | | 0 | FLC | 4 | | 0.077 | | |
| 10:0....g | 0.180 | | 0 | FLC | 4 | | 0.085 | | |
| 12:0....g | 2.242 | | 0 | FLC | 4 | | 1.054 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.788 | | 0 | FLC | 4 | | 0.370 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.895 | | 0 | FLC | 4 | | 0.421 | | |
| 17:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.406 | | 0 | FLC | 4 | | 0.191 | | |
| 20:0....g | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 2.498 | | 0 | FLC | 4 | | 1.174 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.014 | | 0 | FLC | 4 | | 0.007 | | |
| 17:1....g | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| 18:1 undifferentiated....g | 2.480 | | 0 | FLC | 4 | | 1.165 | | |
| 20:1....g | 0.003 | | 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 | 1.268 | | 0 | FLC | 4 | | 0.596 | | |
| 18:2 undifferentiated....g | 1.222 | | 0 | FLC | 4 | | 0.574 | | |
| 18:3 undifferentiated....g | 0.045 | | 0 | FLC | 4 | | 0.021 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 11 | | 0 | FLC | 4 | | 5 | | |
| Theobromine....mg | 106 | | 0 | FLC | 4 | | 50 | | |

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

**Common Measures:**

Measure 1 = 47g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25033**
**Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.34 | | 0 | FLC | 4 | | 3.27 | | |
| Energy | kcal | 429 | | 0 | NC | 4 | | 150 | | |
| Energy | kJ | 1794 | | 0 | NC | 4 | | 628 | | |
| Protein | g | 18.57 | | 1 | LC | 8 | | 6.50 | | |
| Total lipid (fat) | g | 15.71 | | 1 | LC | 8 | | 5.50 | | |
| Ash | g | 3.11 | | 0 | FLC | 4 | | 1.09 | | |
| Carbohydrate, by difference | g | 53.26 | | 0 | NC | 4 | | 18.64 | | |
| Fiber, total dietary | g | 11.4 | | 1 | LC | 8 | | 4.0 | | |
| Sugars, total | g | 17.14 | | 1 | LC | 8 | | 6.00 | | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | 0.27 | | 0 | FLC | 4 | | 0.09 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 1 | LC | 8 | | 0 | | |
| Iron, Fe | mg | 3.39 | | 1 | LC | 8 | | 1.19 | | |
| Magnesium, Mg | mg | 107 | | 0 | FLC | 4 | | 37 | | |
| Phosphorus, P | mg | 271 | | 0 | FLC | 4 | | 95 | | |
| Potassium, K | mg | 415 | | 0 | FLC | 4 | | 145 | | |
| Sodium, Na | mg | 293 | | 1 | LC | 8 | | 103 | | |
| Zinc, Zn | mg | 1.60 | | 0 | FLC | 4 | | 0.56 | | |
| Copper, Cu | mg | 0.506 | | 0 | FLC | 4 | | 0.177 | | |
| Manganese, Mn | mg | 0.779 | | 0 | FLC | 4 | | 0.273 | | |
| Selenium, Se | µg | 9.1 | | 0 | FLC | 4 | | 3.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.115 | | 0 | FLC | 4 | | 0.040 | | |
| Riboflavin | mg | 0.289 | | 0 | FLC | 4 | | 0.101 | | |
| Niacin | mg | 1.158 | | 0 | FLC | 4 | | 0.405 | | |
| Pantothenic acid | mg | 0.389 | | 0 | FLC | 4 | | 0.136 | | |
| Vitamin B-6 | mg | 0.063 | | 0 | FLC | 4 | | 0.022 | | |
| Folate, total | µg | 45 | | 0 | FLC | 4 | | 16 | | |
| Folic acid | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 44 | | 0 | FLC | 4 | | 15 | | |
| Folate, DFE | mcg_DFE | 46 | | 0 | NC | 4 | | 16 | | |
| Choline, total | mg | 46.7 | | 0 | FLC | 4 | | 16.3 | | |
| 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 | 2 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 1 | | 0 | FLC | 4 | | 1 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 8 | | 0 | NC | 4 | | 3 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 38 | | 0 | FLC | 4 | | 13 | | |
| Vitamin E (alpha-tocopherol) | mg | 7.14 | | 0 | FLC | 4 | | 2.50 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.08 | | 0 | FLC | 4 | | 0.03 | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 25033**
**Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 2.7 | | 0 | FLC | 4 | | 0.9 | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.213 | | 0 | FLC | 4 | | 0.424 | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0....g | 0.001 | | 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 | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.934 | | 0 | FLC | 4 | | 0.327 | | |
| 17:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 18:0....g | 0.210 | | 0 | FLC | 4 | | 0.074 | | |
| 20:0....g | 0.004 | | 0 | FLC | 4 | | 0.002 | | |
| 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 | 9.486 | | 0 | FLC | 4 | | 3.320 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.071 | | 0 | FLC | 4 | | 0.025 | | |
| 17:1....g | 0.007 | | 0 | FLC | 4 | | 0.002 | | |
| 18:1 undifferentiated....g | 9.291 | | 0 | FLC | 4 | | 3.252 | | |
| 20:1....g | 0.034 | | 0 | FLC | 4 | | 0.012 | | |
| 22:1 undifferentiated....g | 0.010 | | 0 | FLC | 4 | | 0.004 | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 4.181 | | 0 | FLC | 4 | | 1.463 | | |
| 18:2 undifferentiated....g | 3.876 | | 0 | FLC | 4 | | 1.357 | | |
| 18:3 undifferentiated....g | 0.193 | | 0 | FLC | 4 | | 0.068 | | |
| 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 | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.005 | | 0 | FLC | 4 | | 0.002 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 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 | | | | | | | | | |

**NDB No. 25033**
**Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **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 = 35g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25041**
**Snacks, granola bar, KASHI TLC Bar, crunchy, mixed 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 | 2.74 | | 0 | FLC | 4 | | 1.09 | 0.55 | |
| Energy....kcal | 446 | | 0 | NC | 4 | | 178 | 89 | |
| Energy....kJ | 1867 | | 0 | NC | 4 | | 747 | 373 | |
| Protein (N x 6.25)....g | 15.00 | | 0 | LC | 8 | | 6.00 | 3.00 | |
| Total lipid (fat)....g | 15.00 | | 0 | LC | 8 | | 6.00 | 3.00 | |
| Ash....g | 4.48 | | 0 | FLC | 4 | | 1.79 | 0.90 | |
| Carbohydrate, by difference....g | 62.78 | | 0 | NC | 4 | | 25.11 | 12.56 | |
| Fiber, total dietary....g | 10.0 | | 0 | LC | 8 | | 4.0 | 2.0 | |
| Sugars, total....g | 20.00 | | 0 | LC | 8 | | 8.00 | 4.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | LC | 8 | | 0 | 0 | |
| Iron, Fe....mg | 2.70 | | 0 | LC | 8 | | 1.08 | 0.54 | |
| Magnesium, Mg....mg | 97 | | 0 | FLC | 4 | | 39 | 19 | |
| Phosphorus, P....mg | 333 | | 0 | FLC | 4 | | 133 | 67 | |
| Potassium, K....mg | 545 | | 0 | FLC | 4 | | 218 | 109 | |
| Sodium, Na....mg | 400 | | 0 | LC | 8 | | 160 | 80 | |
| Zinc, Zn....mg | 2.86 | | 0 | FLC | 4 | | 1.15 | 0.57 | |
| Copper, Cu....mg | 0.678 | | 0 | FLC | 4 | | 0.271 | 0.136 | |
| Manganese, Mn....mg | 3.137 | | 0 | FLC | 4 | | 1.255 | 0.627 | |
| Selenium, Se....µg | 18.9 | | 0 | FLC | 4 | | 7.6 | 3.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.486 | | 0 | FLC | 4 | | 0.194 | 0.097 | |
| Riboflavin....mg | 0.163 | | 0 | FLC | 4 | | 0.065 | 0.033 | |
| Niacin....mg | 2.403 | | 0 | FLC | 4 | | 0.961 | 0.481 | |
| Pantothenic acid....mg | 0.979 | | 0 | FLC | 4 | | 0.392 | 0.196 | |
| Vitamin B-6....mg | 0.536 | | 0 | FLC | 4 | | 0.214 | 0.107 | |
| Folate, total....µg | 81 | | 0 | FLC | 4 | | 33 | 16 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 81 | | 0 | FLC | 4 | | 33 | 16 | |
| Folate, DFE....mcg_DFE | 81 | | 0 | NC | 4 | | 33 | 16 | |
| Choline, total....mg | 25.5 | | 0 | FLC | 4 | | 10.2 | 5.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 8 | | 0 | FLC | 4 | | 3 | 2 | |
| Carotene, alpha....µg | 4 | | 0 | FLC | 4 | | 1 | 1 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 17 | | 0 | NC | 4 | | 7 | 3 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 73 | | 0 | FLC | 4 | | 29 | 15 | |
| Vitamin E (alpha-tocopherol)....mg | 2.30 | | 0 | FLC | 4 | | 0.92 | 0.46 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 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 | 9.8 | | 0 | FLC | 4 | | 3.9 | 2.0 | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 25041**

**Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.436 | | 0 | NC | 4 | | 0.574 | 0.287 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 0 | FLC | 4 | | 0.004 | 0.002 | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:0....g | 1.021 | | 0 | FLC | 4 | | 0.408 | 0.204 | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:0....g | 0.294 | | 0 | FLC | 4 | | 0.118 | 0.059 | |
| 20:0....g | 0.074 | | 0 | FLC | 4 | | 0.030 | 0.015 | |
| 22:0....g | 0.037 | | 0 | FLC | 4 | | 0.015 | 0.007 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.932 | | 0 | NC | 4 | | 3.173 | 1.586 | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.037 | | 0 | FLC | 4 | | 0.015 | 0.007 | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 7.745 | | 0 | FLC | 4 | | 3.098 | 1.549 | |
| 20:1....g | 0.150 | | 0 | FLC | 4 | | 0.060 | 0.030 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 5.006 | | 0 | NC | 4 | | 2.002 | 1.001 | |
| 18:2 undifferentiated....g | 3.764 | | 0 | FLC | 4 | | 1.506 | 0.753 | |
| 18:3 undifferentiated....g | 1.241 | | 0 | FLC | 4 | | 0.497 | 0.248 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 40g: 2 bar

Measure 2 = 20g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25056**
**Snacks, granola bar, QUAKER, DIPPS, all 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 | 5.56 | | 0 | FLC | 4 | | 1.72 | | |
| Energy....kcal | 480 | | 0 | NC | 4 | | 149 | | |
| Energy....kJ | 2007 | | 0 | NC | 4 | | 622 | | |
| Protein....g | 7.52 | | 0 | LC | 8 | | 2.33 | | |
| Total lipid (fat)....g | 20.42 | | 0 | LC | 8 | | 6.33 | | |
| Ash....g | 1.55 | | 0 | FLC | 4 | | 0.48 | | |
| Carbohydrate, by difference....g | 64.96 | | 0 | NC | 4 | | 20.14 | | |
| Fiber, total dietary....g | 3.2 | | 0 | LC | 8 | | 1.0 | | |
| Sugars, total....g | 37.61 | | 0 | LC | 8 | | 11.66 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 65 | | 0 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 1.16 | | 0 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 55 | | 0 | FLC | 4 | | 17 | | |
| Phosphorus, P....mg | 162 | | 0 | FLC | 4 | | 50 | | |
| Potassium, K....mg | 231 | | 0 | FLC | 4 | | 72 | | |
| Sodium, Na....mg | 269 | | 0 | LC | 8 | | 83 | | |
| Zinc, Zn....mg | 1.20 | | 0 | FLC | 4 | | 0.37 | | |
| Copper, Cu....mg | 0.217 | | 0 | FLC | 4 | | 0.067 | | |
| Manganese, Mn....mg | 1.138 | | 0 | FLC | 4 | | 0.353 | | |
| Selenium, Se....µg | 14.6 | | 0 | FLC | 4 | | 4.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 0 | FLC | 4 | | 0.1 | | |
| Thiamin....mg | 0.132 | | 0 | FLC | 4 | | 0.041 | | |
| Riboflavin....mg | 0.097 | | 0 | FLC | 4 | | 0.030 | | |
| Niacin....mg | 1.007 | | 0 | FLC | 4 | | 0.312 | | |
| Pantothenic acid....mg | 0.393 | | 0 | FLC | 4 | | 0.122 | | |
| Vitamin B-6....mg | 0.115 | | 0 | FLC | 4 | | 0.036 | | |
| Folate, total....µg | 12 | | 0 | FLC | 4 | | 4 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 12 | | 0 | FLC | 4 | | 4 | | |
| Folate, DFE....mcg_DFE | 12 | | 0 | NC | 4 | | 4 | | |
| Choline, total....mg | 20.2 | | 0 | FLC | 4 | | 6.2 | | |
| Betaine....mg | 8.4 | | 0 | FLC | 4 | | 2.6 | | |
| Vitamin B-12....µg | 0.06 | | 0 | FLC | 4 | | 0.02 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 4 | | 0 | NC | 4 | | 1 | | |
| Retinol....µg | 4 | | 0 | FLC | 4 | | 1 | | |
| Carotene, beta....µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 15 | | 0 | NC | 4 | | 5 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 43 | | 0 | FLC | 4 | | 13 | | |
| Vitamin E (alpha-tocopherol)....mg | 4.19 | | 0 | FLC | 4 | | 1.30 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | 0.03 | | 0 | FLC | 4 | | 0.01 | | |
| Tocopherol, gamma....mg | 0.62 | | 0 | FLC | 4 | | 0.19 | | |
| Tocopherol, delta....mg | 0.01 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin D (D2 + D3)....µg | 0.1 | | 0 | AS | 1 | | 0.0 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | 0.1 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D....IU | 3 | | 0 | FLC | 4 | | 1 | | |
| Vitamin K (phylloquinone)....µg | 2.0 | | 0 | FLC | 4 | | 0.6 | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 25056**
**Snacks, granola bar, QUAKER, DIPPS, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 8.693 | | 0 | FLC | 4 | | 2.695 | | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0....g | 0.048 | | 0 | FLC | 4 | | 0.015 | | |
| 8:0....g | 0.587 | | 0 | FLC | 4 | | 0.182 | | |
| 10:0....g | 0.467 | | 0 | FLC | 4 | | 0.145 | | |
| 12:0....g | 3.675 | | 0 | FLC | 4 | | 1.139 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 1.441 | | 0 | FLC | 4 | | 0.447 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 1.545 | | 0 | FLC | 4 | | 0.479 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.913 | | 0 | FLC | 4 | | 0.283 | | |
| 20:0....g | 0.011 | | 0 | FLC | 4 | | 0.003 | | |
| 22:0....g | 0.005 | | 0 | FLC | 4 | | 0.002 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 3.499 | | 0 | FLC | 4 | | 1.085 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.011 | | 0 | FLC | 4 | | 0.003 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 3.468 | | 0 | FLC | 4 | | 1.075 | | |
| 20:1....g | 0.021 | | 0 | FLC | 4 | | 0.006 | | |
| 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 | 7.051 | | 0 | FLC | 4 | | 2.186 | | |
| 18:2 undifferentiated....g | 6.893 | | 0 | FLC | 4 | | 2.137 | | |
| 18:3 undifferentiated....g | 0.159 | | 0 | FLC | 4 | | 0.049 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 10 | | 0 | FLC | 4 | | 3 | | |
| Stigmasterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Campesterol....mg | 4 | | 0 | FLC | 4 | | 1 | | |
| Beta-sitosterol....mg | 6 | | 0 | FLC | 4 | | 2 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.054 | | 0 | FLC | 4 | | 0.017 | | |
| Threonine....g | 0.126 | | 0 | FLC | 4 | | 0.039 | | |
| Isoleucine....g | 0.153 | | 0 | FLC | 4 | | 0.047 | | |
| Leucine....g | 0.294 | | 0 | FLC | 4 | | 0.091 | | |
| Lysine....g | 0.172 | | 0 | FLC | 4 | | 0.053 | | |
| Methionine....g | 0.069 | | 0 | FLC | 4 | | 0.021 | | |
| Cystine....g | 0.098 | | 0 | FLC | 4 | | 0.030 | | |
| Phenylalanine....g | 0.200 | | 0 | FLC | 4 | | 0.062 | | |
| Tyrosine....g | 0.110 | | 0 | FLC | 4 | | 0.034 | | |
| Valine....g | 0.203 | | 0 | FLC | 4 | | 0.063 | | |
| Arginine....g | 0.294 | | 0 | FLC | 4 | | 0.091 | | |
| Histidine....g | 0.094 | | 0 | FLC | 4 | | 0.029 | | |
| Alanine....g | 0.166 | | 0 | FLC | 4 | | 0.052 | | |
| Aspartic acid....g | 0.316 | | 0 | FLC | 4 | | 0.098 | | |
| Glutamic acid....g | 1.013 | | 0 | FLC | 4 | | 0.314 | | |
| Glycine....g | 0.173 | | 0 | FLC | 4 | | 0.054 | | |
| Proline....g | 0.343 | | 0 | FLC | 4 | | 0.106 | | |
| Serine....g | 0.200 | | 0 | FLC | 4 | | 0.062 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |

**NDB No. 25056**
**Snacks, granola bar, QUAKER, DIPPS, all flavors**

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

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

**Common Measures:**

Measure 1 = 31g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25052**
**Snacks, granola bar, chewy, 90 calorie bar**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.23 | | 0 | FLC | 4 | | 1.49 | | |
| Energy | kcal | 408 | | 0 | NC | 4 | | 98 | | |
| Energy | kJ | 1708 | | 0 | NC | 4 | | 410 | | |
| Protein (N x 6.25) | g | 4.17 | | 1 | FLM | 4 | | 1.00 | | |
| Total lipid (fat) | g | 8.33 | | 1 | FLM | 4 | | 2.00 | | |
| Ash | g | 2.10 | | 0 | O | 4 | | 0.50 | | |
| Carbohydrate, by difference | g | 79.17 | | 1 | FLM | 4 | | 19.00 | | |
| Fiber, total dietary | g | 4.2 | | 1 | FLM | 4 | | 1.0 | | |
| Sugars, total | g | 29.17 | | 1 | FLM | 4 | | 7.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 333 | | 1 | FLM | 4 | | 80 | | |
| Iron, Fe | mg | 1.50 | | 1 | FLM | 4 | | 0.36 | | |
| Magnesium, Mg | mg | 71 | | 0 | FLC | 4 | | 17 | | |
| Phosphorus, P | mg | 152 | | 0 | FLC | 4 | | 37 | | |
| Potassium, K | mg | 224 | | 0 | FLC | 4 | | 54 | | |
| Sodium, Na | mg | 313 | | 1 | FLM | 4 | | 75 | | |
| Zinc, Zn | mg | 1.23 | | 0 | FLC | 4 | | 0.29 | | |
| Copper, Cu | mg | 0.307 | | 0 | FLC | 4 | | 0.074 | | |
| Manganese, Mn | mg | 1.389 | | 0 | FLC | 4 | | 0.333 | | |
| Selenium, Se | µg | 10.1 | | 0 | FLC | 4 | | 2.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | FLC | 4 | | 0.1 | | |
| Thiamin | mg | 0.189 | | 0 | FLC | 4 | | 0.045 | | |
| Riboflavin | mg | 0.076 | | 0 | FLC | 4 | | 0.018 | | |
| Niacin | mg | 1.064 | | 0 | FLC | 4 | | 0.255 | | |
| Pantothenic acid | mg | 0.506 | | 0 | FLC | 4 | | 0.122 | | |
| Vitamin B-6 | mg | 0.122 | | 0 | FLC | 4 | | 0.029 | | |
| Folate, total | µg | 17 | | 0 | FLC | 4 | | 4 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 17 | | 0 | FLC | 4 | | 4 | | |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 4 | | |
| Choline, total | mg | 24.4 | | 0 | FLC | 4 | | 5.9 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.03 | | 0 | FLC | 4 | | 0.01 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 3 | | 0 | FLC | 4 | | 1 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 32 | | 0 | FLC | 4 | | 8 | | |
| Carotene, alpha | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 54 | | 0 | FLC | 4 | | 13 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 32 | | 0 | FLC | 4 | | 8 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.23 | | 0 | FLC | 4 | | 0.54 | | |
| 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 | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | µg | 2.8 | | 0 | FLC | 4 | | 0.7 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25052**
**Snacks, granola bar, chewy, 90 calorie bar**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.083 | | 1 | FLM | 4 | | 0.500 | | |
| 4:0....g | 0.006 | | 0 | FLC | 4 | | 0.001 | | |
| 6:0....g | 0.007 | | 0 | FLC | 4 | | 0.002 | | |
| 8:0....g | 0.034 | | 0 | FLC | 4 | | 0.008 | | |
| 10:0....g | 0.033 | | 0 | FLC | 4 | | 0.008 | | |
| 12:0....g | 0.190 | | 0 | FLC | 4 | | 0.046 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.098 | | 0 | FLC | 4 | | 0.023 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.228 | | 0 | FLC | 4 | | 0.295 | | |
| 17:0....g | 0.008 | | 0 | FLC | 4 | | 0.002 | | |
| 18:0....g | 1.232 | | 0 | FLC | 4 | | 0.296 | | |
| 20:0....g | 0.042 | | 0 | FLC | 4 | | 0.010 | | |
| 22:0....g | 0.010 | | 0 | FLC | 4 | | 0.002 | | |
| 24:0....g | 0.005 | | 0 | FLC | 4 | | 0.001 | | |
| Fatty acids, total monounsaturated....g | 2.945 | | 0 | FLC | 4 | | 0.707 | | |
| 14:1....g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.025 | | 0 | FLC | 4 | | 0.006 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 2.893 | | 0 | FLC | 4 | | 0.694 | | |
| 20:1....g | 0.020 | | 0 | FLC | 4 | | 0.005 | | |
| 22:1 undifferentiated....g | 0.006 | | 0 | FLC | 4 | | 0.001 | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 1.929 | | 0 | FLC | 4 | | 0.463 | | |
| 18:2 undifferentiated....g | 1.798 | | 0 | FLC | 4 | | 0.432 | | |
| 18:3 undifferentiated....g | 0.129 | | 0 | FLC | 4 | | 0.031 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 1 | FLM | 4 | | 0.000 | | |
| Cholesterol....mg | 1 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| Stigmasterol....mg | 3 | | 0 | FLC | 4 | | 1 | | |
| Campesterol....mg | 1 | | 0 | FLC | 4 | | 0 | | |
| Beta-sitosterol....mg | 7 | | 0 | FLC | 4 | | 2 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 5 | | 0 | FLC | 4 | | 1 | | |
| Theobromine....mg | 57 | | 0 | FLC | 4 | | 14 | | |

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

**Common Measures:**

Measure 1 = 24g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 25035**
**Snacks, granola bar, chewy, reduced sugar, all flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 11.65 | | 0 | FLC | 4 | | 2.80 | | |
| Energy | kcal | 412 | | 0 | NC | 4 | | 99 | | |
| Energy | kJ | 1725 | | 0 | NC | 4 | | 414 | | |
| Protein | g | 5.55 | | 0 | FLC | 4 | | 1.33 | | |
| Total lipid (fat) | g | 12.50 | | 0 | FLC | 4 | | 3.00 | | |
| Ash | g | 0.90 | | 0 | FLC | 4 | | 0.22 | | |
| Carbohydrate, by difference | g | 69.40 | | 0 | FLC | 4 | | 16.66 | | |
| Fiber, total dietary | g | 3.1 | | 0 | FLC | 4 | | 0.7 | | |
| Sugars, total | g | 20.80 | | 0 | FLC | 4 | | 4.99 | | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 417 | | 1 | LC | 8 | | 100 | | |
| Iron, Fe | mg | 2.03 | | 1 | LC | 8 | | 0.49 | | |
| Magnesium, Mg | mg | 48 | | 0 | FLC | 4 | | 11 | | |
| Phosphorus, P | mg | 159 | | 0 | FLC | 4 | | 38 | | |
| Potassium, K | mg | 199 | | 0 | FLC | 4 | | 48 | | |
| Sodium, Na | mg | 312 | | 0 | LC | 8 | | 75 | | |
| Zinc, Zn | mg | 1.34 | | 0 | FLC | 4 | | 0.32 | | |
| Copper, Cu | mg | 0.163 | | 0 | FLC | 4 | | 0.039 | | |
| Manganese, Mn | mg | 1.133 | | 0 | FLC | 4 | | 0.272 | | |
| Selenium, Se | µg | 5.7 | | 0 | FLC | 4 | | 1.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin | mg | 0.190 | | 0 | FLC | 4 | | 0.045 | | |
| Riboflavin | mg | 0.116 | | 0 | FLC | 4 | | 0.028 | | |
| Niacin | mg | 1.049 | | 0 | FLC | 4 | | 0.252 | | |
| Pantothenic acid | mg | 0.418 | | 0 | FLC | 4 | | 0.100 | | |
| Vitamin B-6 | mg | 0.089 | | 0 | FLC | 4 | | 0.021 | | |
| Folate, total | µg | 17 | | 0 | FLC | 4 | | 4 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 17 | | 0 | FLC | 4 | | 4 | | |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 4 | | |
| Choline, total | mg | 15.5 | | 0 | FLC | 4 | | 3.7 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.09 | | 0 | FLC | 4 | | 0.02 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 1 | | 0 | NC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 47 | | 0 | FLC | 4 | | 11 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.52 | | 0 | FLC | 4 | | 0.37 | | |
| 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 | | | | | | | | | |

**NDB No. 25035**
**Snacks, granola bar, chewy, reduced sugar, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 2.3 | | 0 | FLC | 4 | | 0.6 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.008 | | 0 | FLC | 4 | | 1.202 | | |
| 4:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0....g | 0.019 | | 0 | FLC | 4 | | 0.005 | | |
| 8:0....g | 0.240 | | 0 | FLC | 4 | | 0.057 | | |
| 10:0....g | 0.190 | | 0 | FLC | 4 | | 0.046 | | |
| 12:0....g | 1.413 | | 0 | FLC | 4 | | 0.339 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.547 | | 0 | FLC | 4 | | 0.131 | | |
| 15:0....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 16:0....g | 1.521 | | 0 | FLC | 4 | | 0.365 | | |
| 17:0....g | 0.010 | | 0 | FLC | 4 | | 0.002 | | |
| 18:0....g | 1.014 | | 0 | FLC | 4 | | 0.243 | | |
| 20:0....g | 0.026 | | 0 | FLC | 4 | | 0.006 | | |
| 22:0....g | 0.026 | | 0 | FLC | 4 | | 0.006 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 5.303 | | 0 | FLC | 4 | | 1.273 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.012 | | 0 | FLC | 4 | | 0.003 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 5.287 | | 0 | FLC | 4 | | 1.269 | | |
| 20:1....g | 0.004 | | 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 | 1.440 | | 0 | FLC | 4 | | 0.346 | | |
| 18:2 undifferentiated....g | 1.415 | | 0 | FLC | 4 | | 0.340 | | |
| 18:3 undifferentiated....g | 0.025 | | 0 | FLC | 4 | | 0.006 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 2.187 | | 0 | FLC | 4 | | 0.525 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 11 | | 0 | FLC | 4 | | 3 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.018 | | 0 | FLC | 4 | | 0.004 | | |
| Threonine....g | 0.039 | | 0 | FLC | 4 | | 0.009 | | |
| Isoleucine....g | 0.050 | | 0 | FLC | 4 | | 0.012 | | |
| Leucine....g | 0.098 | | 0 | FLC | 4 | | 0.024 | | |
| Lysine....g | 0.032 | | 0 | FLC | 4 | | 0.008 | | |
| Methionine....g | 0.025 | | 0 | FLC | 4 | | 0.006 | | |
| Cystine....g | 0.030 | | 0 | FLC | 4 | | 0.007 | | |
| Phenylalanine....g | 0.072 | | 0 | FLC | 4 | | 0.017 | | |
| Tyrosine....g | 0.043 | | 0 | FLC | 4 | | 0.010 | | |
| Valine....g | 0.058 | | 0 | FLC | 4 | | 0.014 | | |
| Arginine....g | 0.058 | | 0 | FLC | 4 | | 0.014 | | |
| Histidine....g | 0.032 | | 0 | FLC | 4 | | 0.008 | | |
| Alanine....g | 0.046 | | 0 | FLC | 4 | | 0.011 | | |
| Aspartic acid....g | 0.061 | | 0 | FLC | 4 | | 0.015 | | |
| Glutamic acid....g | 0.481 | | 0 | FLC | 4 | | 0.115 | | |
| Glycine....g | 0.052 | | 0 | FLC | 4 | | 0.012 | | |
| Proline....g | 0.166 | | 0 | FLC | 4 | | 0.040 | | |
| Serine....g | 0.072 | | 0 | FLC | 4 | | 0.017 | | |

**NDB No. 25035**
**Snacks, granola bar, chewy, reduced sugar, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 1 | | 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 = 24g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19435**
**Snacks, granola bar, fruit-filled, nonfat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 13.70 | | 0 | FLC | 4 | | 3.88 | | |
| Energy | kcal | 342 | | 0 | NC | 4 | | 97 | | |
| Energy | kJ | 1431 | | 0 | NC | 4 | | 406 | | |
| Protein | g | 5.90 | | 0 | LC | 8 | | 1.67 | | |
| Total lipid (fat) | g | 0.90 | | 0 | LC | 8 | | 0.26 | | |
| Ash | g | 1.90 | | 0 | NC | 4 | | 0.54 | | |
| Carbohydrate, by difference | g | 77.60 | | 0 | FLC | 4 | | 22.00 | | |
| Fiber, total dietary | g | 7.4 | | 0 | LC | 8 | | 2.1 | | |
| Sugars, total | g | 55.34 | | 0 | FLM | 4 | | 15.69 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 0 | LC | 8 | | 1 | | |
| Iron, Fe | mg | 4.00 | | 0 | LC | 8 | | 1.13 | | |
| Magnesium, Mg | mg | 50 | | 0 | FLC | 4 | | 14 | | |
| Phosphorus, P | mg | 122 | | 0 | FLC | 4 | | 35 | | |
| Potassium, K | mg | 220 | | 0 | FLC | 4 | | 62 | | |
| Sodium, Na | mg | 24 | | 0 | T | 4 | | 7 | | |
| Zinc, Zn | mg | 1.42 | | 0 | FLC | 4 | | 0.40 | | |
| Copper, Cu | mg | 0.234 | | 0 | FLC | 4 | | 0.066 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 8.3 | | 0 | FLM | 4 | | 2.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.7 | | 0 | FLC | 4 | | 0.5 | | |
| Thiamin | mg | 0.030 | | 0 | FLC | 4 | | 0.009 | | |
| Riboflavin | mg | 0.070 | | 0 | FLC | 4 | | 0.020 | | |
| Niacin | mg | 0.400 | | 0 | FLC | 4 | | 0.113 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 1.590 | | 0 | FLC | 4 | | 0.451 | | |
| Folate, total | µg | 316 | | 0 | FLC | 4 | | 90 | | |
| Folic acid | µg | 300 | | 0 | O | 4 | | 85 | | |
| Folate, food | µg | 12 | | 0 | FLM | 4 | | 3 | | |
| Folate, DFE | mcg_DFE | 522 | | 0 | NC | 4 | | 148 | | |
| Choline, total | mg | 26.7 | | 0 | NR | 4 | | 7.6 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.18 | | 0 | FLC | 4 | | 0.05 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | NC | 4 | | 7 | | |
| Retinol | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Carotene, beta | µg | 173 | | 0 | BNA | 4 | | 49 | | |
| Carotene, alpha | µg | 0 | | 0 | BNA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 242 | | 0 | BNA | 4 | | 69 | | |
| Vitamin A, IU | IU | 491 | | 0 | NC | 4 | | 139 | | |
| Lycopene | µg | 1 | | 0 | FLM | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 103 | | 0 | FLM | 4 | | 29 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | FLM | 4 | | 0.07 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | 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 | 2.7 | | 0 | FLM | 4 | | 0.8 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19435**
**Snacks, granola bar, fruit-filled, nonfat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.200 | | 0 | FLC | 4 | | 0.057 | | |
| 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 | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.175 | | 0 | FLC | 4 | | 0.050 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.021 | | 0 | FLC | 4 | | 0.006 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.240 | | 0 | FLC | 4 | | 0.068 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.241 | | 0 | FLC | 4 | | 0.068 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.350 | | 0 | FLC | 4 | | 0.099 | | |
| 18:2 undifferentiated....g | 0.332 | | 0 | FLC | 4 | | 0.094 | | |
| 18:3 undifferentiated....g | 0.019 | | 0 | FLC | 4 | | 0.005 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLM | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 42272**
**Snacks, granola bar, with coconut, chocolate coated**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.10 | | 0 | | 9 | | 1.73 | | |
| Energy | kcal | 531 | | 0 | NC | 4 | | 151 | | |
| Energy | kJ | 2223 | | 0 | NC | 4 | | 630 | | |
| Protein | g | 5.20 | | 0 | | 9 | | 1.47 | | |
| Total lipid (fat) | g | 32.20 | | 0 | | 9 | | 9.13 | | |
| Ash | g | 1.30 | | 0 | NR | 4 | | 0.37 | | |
| Carbohydrate, by difference | g | 55.20 | | 0 | NC | 4 | | 15.65 | | |
| Fiber, total dietary | g | 6.2 | | 0 | | 9 | | 1.8 | | |
| Sugars, total | g | 34.27 | | 0 | O | 4 | | 9.72 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 42 | | 0 | | 9 | | 12 | | |
| Iron, Fe | mg | 1.75 | | 0 | | 9 | | 0.50 | | |
| Magnesium, Mg | mg | 56 | | 0 | | 9 | | 16 | | |
| Phosphorus, P | mg | 154 | | 0 | | 9 | | 44 | | |
| Potassium, K | mg | 254 | | 0 | | 9 | | 72 | | |
| Sodium, Na | mg | 152 | | 0 | | 9 | | 43 | | |
| Zinc, Zn | mg | 1.17 | | 0 | | 9 | | 0.33 | | |
| Copper, Cu | mg | 0.319 | | 0 | | 9 | | 0.090 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 16.4 | | 1 | MA | 12 | | 4.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | | 9 | | 0.1 | | |
| Thiamin | mg | 0.140 | | 0 | | 9 | | 0.040 | | |
| Riboflavin | mg | 0.080 | | 0 | | 9 | | 0.023 | | |
| Niacin | mg | 0.420 | | 0 | | 9 | | 0.119 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.120 | | 0 | | 9 | | 0.034 | | |
| Folate, total | µg | 9 | | 0 | | 9 | | 3 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 9 | | 0 | | 9 | | 3 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 3 | | |
| Choline, total | mg | 12.8 | | 0 | FLA | 4 | | 3.6 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.07 | | 0 | | 9 | | 0.02 | | |
| 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 | 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 | 0 | | 0 | NC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 48 | | 0 | FLA | 4 | | 14 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.30 | | 0 | FLA | 4 | | 0.08 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 1.4 | | 0 | FLA | 4 | | 0.4 | | |
| Dihydrophylloquinone | µg | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 42272**
**Snacks, granola bar, with coconut, chocolate coated**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 22.720 | | 0 | | 9 | | 6.441 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.160 | | 0 | | 4 | | 0.045 | | |
| 8:0....g | 1.970 | | 0 | | 4 | | 0.558 | | |
| 10:0....g | 1.580 | | 0 | | 4 | | 0.448 | | |
| 12:0....g | 11.720 | | 0 | | 4 | | 3.323 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 4.410 | | 0 | | 4 | | 1.250 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.150 | | 0 | | 4 | | 0.610 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.740 | | 0 | | 4 | | 0.210 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.970 | | 0 | | 9 | | 1.409 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.970 | | 0 | | 4 | | 1.409 | | |
| 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 | 3.100 | | 0 | | 9 | | 0.879 | | |
| 18:2 undifferentiated....g | 3.100 | | 0 | | 4 | | 0.879 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 3 | | 1 | MA | 12 | | 1 | | |
| Theobromine....mg | 41 | | 0 | FLC | 4 | | 12 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25039**
**Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.86 | | 0 | FLC | 4 | | 5.92 | | |
| Energy | kcal | 389 | | 0 | NC | 4 | | 233 | | |
| Energy | kJ | 1626 | | 0 | NC | 4 | | 975 | | |
| Protein (N x 6.25) | g | 6.67 | | 1 | LC | 8 | | 4.00 | | |
| Total lipid (fat) | g | 6.67 | | 1 | LC | 8 | | 4.00 | | |
| Ash | g | 1.33 | | 0 | FLC | 4 | | 0.80 | | |
| Carbohydrate, by difference | g | 75.47 | | 0 | NC | 4 | | 45.28 | | |
| Fiber, total dietary | g | 4.6 | | 0 | FLC | 4 | | 2.8 | | |
| Sugars, total | g | 31.54 | | 0 | FLC | 4 | | 18.92 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 333 | | 1 | LC | 8 | | 200 | | |
| Iron, Fe | mg | 6.00 | | 1 | LC | 8 | | 3.60 | | |
| Magnesium, Mg | mg | 69 | | 0 | FLC | 4 | | 42 | | |
| Phosphorus, P | mg | 167 | | 1 | LC | 8 | | 100 | | |
| Potassium, K | mg | 238 | | 1 | LC | 8 | | 143 | | |
| Sodium, Na | mg | 367 | | 1 | LC | 8 | | 220 | | |
| Zinc, Zn | mg | 1.42 | | 0 | FLC | 4 | | 0.85 | | |
| Copper, Cu | mg | 0.173 | | 0 | FLC | 4 | | 0.104 | | |
| Manganese, Mn | mg | 1.547 | | 0 | FLC | 4 | | 0.928 | | |
| Selenium, Se | µg | 16.0 | | 0 | FLC | 4 | | 9.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | FLC | 4 | | 0.5 | | |
| Thiamin | mg | 0.500 | | 1 | LC | 8 | | 0.300 | | |
| Riboflavin | mg | 0.567 | | 1 | LC | 8 | | 0.340 | | |
| Niacin | mg | 6.667 | | 1 | LC | 8 | | 4.000 | | |
| Pantothenic acid | mg | 0.628 | | 0 | FLC | 4 | | 0.377 | | |
| Vitamin B-6 | mg | 0.667 | | 1 | LC | 8 | | 0.400 | | |
| Folate, total | µg | 75 | | 0 | FLC | 4 | | 45 | | |
| Folic acid | µg | 54 | | 0 | FLC | 4 | | 33 | | |
| Folate, food | µg | 20 | | 0 | FLC | 4 | | 12 | | |
| Folate, DFE | mcg_DFE | 113 | | 0 | NC | 4 | | 68 | | |
| Choline, total | mg | 47.3 | | 0 | FLC | 4 | | 28.4 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.08 | | 0 | FLC | 4 | | 0.05 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 236 | | 0 | NC | 4 | | 141 | | |
| Retinol | µg | 235 | | 0 | FLC | 4 | | 141 | | |
| Carotene, beta | µg | 3 | | 0 | FLC | 4 | | 2 | | |
| Carotene, alpha | µg | 2 | | 0 | FLC | 4 | | 1 | | |
| Cryptoxanthin, beta | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 793 | | 0 | NC | 4 | | 476 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 58 | | 0 | FLC | 4 | | 35 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.25 | | 1 | LC | 8 | | 1.35 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.02 | | 0 | FLC | 4 | | 0.01 | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.1 | | 0 | FLC | 4 | | 0.1 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 4 | | 0 | FLC | 4 | | 2 | | |
| Vitamin K (phylloquinone) | µg | 6.9 | | 0 | FLC | 4 | | 4.1 | | |
| Dihydrophylloquinone | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25039**
**Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.299 | | 0 | NC | 4 | | 0.779 | | |
| 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 | 0.004 | | 0 | FLC | 4 | | 0.003 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.013 | | 0 | FLC | 4 | | 0.008 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 1.076 | | 0 | FLC | 4 | | 0.646 | | |
| 17:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.199 | | 0 | FLC | 4 | | 0.120 | | |
| 20:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 22:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.531 | | 0 | NC | 4 | | 0.919 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.040 | | 0 | FLC | 4 | | 0.024 | | |
| 17:1....g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 1.478 | | 0 | FLC | 4 | | 0.887 | | |
| 20:1....g | 0.012 | | 0 | FLC | 4 | | 0.007 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.559 | | 0 | NC | 4 | | 1.535 | | |
| 18:2 undifferentiated....g | 2.329 | | 0 | FLC | 4 | | 1.398 | | |
| 18:3 undifferentiated....g | 0.207 | | 0 | FLC | 4 | | 0.124 | | |
| 18:4....g | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.012 | | 0 | FLC | 4 | | 0.007 | | |
| 20:5 n-3 (EPA)....g | 0.006 | | 0 | FLC | 4 | | 0.003 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.004 | | 0 | FLC | 4 | | 0.002 | | |
| Fatty acids, total trans....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| Cholesterol....mg | 36 | | 0 | FLC | 4 | | 22 | | |
| Phytosterols....mg | 2 | | 0 | FLC | 4 | | 1 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.095 | | 0 | FLC | 4 | | 0.057 | | |
| Threonine....g | 0.198 | | 0 | FLC | 4 | | 0.119 | | |
| Isoleucine....g | 0.254 | | 0 | FLC | 4 | | 0.152 | | |
| Leucine....g | 0.484 | | 0 | FLC | 4 | | 0.291 | | |
| Lysine....g | 0.322 | | 0 | FLC | 4 | | 0.193 | | |
| Methionine....g | 0.124 | | 0 | FLC | 4 | | 0.074 | | |
| Cystine....g | 0.192 | | 0 | FLC | 4 | | 0.115 | | |
| Phenylalanine....g | 0.322 | | 0 | FLC | 4 | | 0.193 | | |
| Tyrosine....g | 0.216 | | 0 | FLC | 4 | | 0.130 | | |
| Valine....g | 0.347 | | 0 | FLC | 4 | | 0.208 | | |
| Arginine....g | 0.420 | | 0 | FLC | 4 | | 0.252 | | |
| Histidine....g | 0.148 | | 0 | FLC | 4 | | 0.089 | | |
| Alanine....g | 0.297 | | 0 | FLC | 4 | | 0.178 | | |
| Aspartic acid....g | 0.575 | | 0 | FLC | 4 | | 0.345 | | |
| Glutamic acid....g | 1.231 | | 0 | FLC | 4 | | 0.739 | | |
| Glycine....g | 0.298 | | 0 | FLC | 4 | | 0.179 | | |
| Proline....g | 0.257 | | 0 | FLC | 4 | | 0.154 | | |
| Serine....g | 0.333 | | 0 | FLC | 4 | | 0.200 | | |
| Hydroxyproline....g | | | | | | | | | |
| **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.

**NDB No. 25039**

**Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 60g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19016**
**Snacks, granola bars, hard, 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 | 3.10 | | 1 | | 1 | | 0.88 | 0.74 | |
| Energy | kcal | 495 | | 0 | NC | 4 | | 140 | 119 | |
| Energy | kJ | 2071 | | | | 4 | | 587 | 497 | |
| Protein (N x 5.7) | g | 7.70 | | 1 | | 1 | | 2.18 | 1.85 | |
| Total lipid (fat) | g | 25.50 | | 1 | | 1 | | 7.23 | 6.12 | |
| Ash | g | 1.60 | | 1 | | 1 | | 0.45 | 0.38 | |
| Carbohydrate, by difference | g | 62.00 | | 0 | NC | 4 | | 17.58 | 14.88 | |
| Fiber, total dietary | g | 4.8 | | 0 | | 4 | | 1.4 | 1.2 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 32 | | 1 | | 1 | | 9 | 8 | |
| Iron, Fe | mg | 2.50 | | 1 | | 1 | | 0.71 | 0.60 | |
| Magnesium, Mg | mg | 81 | | 1 | | 1 | | 23 | 19 | |
| Phosphorus, P | mg | 228 | | 1 | | 1 | | 65 | 55 | |
| Potassium, K | mg | 273 | | 1 | | 1 | | 77 | 66 | |
| Sodium, Na | mg | 256 | | 1 | | 1 | | 73 | 61 | |
| Zinc, Zn | mg | 1.58 | | 1 | | 4 | | 0.45 | 0.38 | |
| Copper, Cu | mg | 0.127 | | 1 | | 4 | | 0.036 | 0.030 | |
| Manganese, Mn | mg | 1.365 | | 1 | | 4 | | 0.387 | 0.328 | |
| Selenium, Se | µg | 15.0 | | 0 | BFZN | 4 | | 4.3 | 3.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.280 | | 1 | | 1 | | 0.079 | 0.067 | |
| Riboflavin | mg | 0.070 | | 1 | | 1 | | 0.020 | 0.017 | |
| Niacin | mg | 0.610 | | 1 | | 1 | | 0.173 | 0.146 | |
| Pantothenic acid | mg | 0.466 | | 1 | | 4 | | 0.132 | 0.112 | |
| Vitamin B-6 | mg | 0.047 | | 1 | | 4 | | 0.013 | 0.011 | |
| Folate, total | µg | 12 | | 1 | | 4 | | 3 | 3 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 12 | | 1 | | 4 | | 3 | 3 | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 3 | 3 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 1 | 0 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 37 | | 1 | | 4 | | 10 | 9 | |
| 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 | 12.510 | | 0 | | 1 | | 3.547 | 3.002 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19016**
**Snacks, granola bars, hard, almond**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.080 | | 1 | | 1 | | 0.023 | 0.019 | |
| 8:0 g | 0.940 | | 1 | | 1 | | 0.266 | 0.226 | |
| 10:0 g | 0.750 | | 1 | | 1 | | 0.213 | 0.180 | |
| 12:0 g | 5.600 | | 1 | | 1 | | 1.588 | 1.344 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 2.120 | | 1 | | 1 | | 0.601 | 0.509 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.430 | | 1 | | 1 | | 0.689 | 0.583 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.530 | | 1 | | 1 | | 0.150 | 0.127 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.740 | | 0 | | 1 | | 2.194 | 1.858 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.050 | | 1 | | 1 | | 0.014 | 0.012 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.690 | | 1 | | 1 | | 2.180 | 1.846 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.760 | | 0 | | 1 | | 1.066 | 0.902 | |
| 18:2 undifferentiated g | 3.660 | | 1 | | 1 | | 1.038 | 0.878 | |
| 18:3 undifferentiated g | 0.100 | | 1 | | 1 | | 0.028 | 0.024 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.142 | | 0 | | 1 | | 0.040 | 0.034 | |
| Threonine g | 0.221 | | 0 | | 1 | | 0.063 | 0.053 | |
| Isoleucine g | 0.289 | | 0 | | 1 | | 0.082 | 0.069 | |
| Leucine g | 0.585 | | 0 | | 1 | | 0.166 | 0.140 | |
| Lysine g | 0.313 | | 0 | | 1 | | 0.089 | 0.075 | |
| Methionine g | 0.135 | | 0 | | 1 | | 0.038 | 0.032 | |
| Cystine g | 0.231 | | 0 | | 1 | | 0.065 | 0.055 | |
| Phenylalanine g | 0.390 | | 0 | | 1 | | 0.111 | 0.094 | |
| Tyrosine g | 0.282 | | 0 | | 1 | | 0.080 | 0.068 | |
| Valine g | 0.406 | | 0 | | 1 | | 0.115 | 0.097 | |
| Arginine g | 0.596 | | 0 | | 1 | | 0.169 | 0.143 | |
| Histidine g | 0.178 | | 0 | | 1 | | 0.050 | 0.043 | |
| Alanine g | 0.369 | | 0 | | 1 | | 0.105 | 0.089 | |
| Aspartic acid g | 0.698 | | 0 | | 1 | | 0.198 | 0.168 | |
| Glutamic acid g | 1.679 | | 0 | | 1 | | 0.476 | 0.403 | |
| Glycine g | 0.411 | | 0 | | 1 | | 0.117 | 0.099 | |
| Proline g | 0.425 | | 0 | | 1 | | 0.120 | 0.102 | |
| Serine g | 0.374 | | 0 | | 1 | | 0.106 | 0.090 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19016**

**Snacks, granola bars, hard, almond**

Measure 2 = 24g: 1 bar

**Calories Factors: Protein** 3.5 **Fat** 8.6 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19017**
**Snacks, granola bars, hard, chocolate chip**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.40 | | 1 | | 1 | | 0.68 | 0.58 | |
| Energy | kcal | 438 | | 0 | NC | 4 | | 124 | 105 | |
| Energy | kJ | 1833 | | | | 4 | | 520 | 440 | |
| Protein (N x 5.8) | g | 7.30 | | 1 | | 1 | | 2.07 | 1.75 | |
| Total lipid (fat) | g | 16.30 | | 1 | | 1 | | 4.62 | 3.91 | |
| Ash | g | 1.80 | | 1 | | 1 | | 0.51 | 0.43 | |
| Carbohydrate, by difference | g | 72.10 | | 0 | NC | 4 | | 20.44 | 17.30 | |
| Fiber, total dietary | g | 4.4 | | 0 | | 1 | | 1.2 | 1.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 77 | | 1 | | 1 | | 22 | 18 | |
| Iron, Fe | mg | 3.05 | | 1 | | 1 | | 0.86 | 0.73 | |
| Magnesium, Mg | mg | 72 | | 1 | | 4 | | 20 | 17 | |
| Phosphorus, P | mg | 204 | | 1 | | 4 | | 58 | 49 | |
| Potassium, K | mg | 251 | | 1 | | 1 | | 71 | 60 | |
| Sodium, Na | mg | 344 | | 1 | | 1 | | 98 | 83 | |
| Zinc, Zn | mg | 1.93 | | 1 | | 4 | | 0.55 | 0.46 | |
| Copper, Cu | mg | 0.261 | | 1 | | 4 | | 0.074 | 0.063 | |
| Manganese, Mn | mg | 1.507 | | 1 | | 4 | | 0.427 | 0.362 | |
| Selenium, Se | µg | 12.5 | | 0 | FLM | 4 | | 3.5 | 3.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.180 | | 1 | | 1 | | 0.051 | 0.043 | |
| Riboflavin | mg | 0.100 | | 1 | | 1 | | 0.028 | 0.024 | |
| Niacin | mg | 0.555 | | 1 | | 4 | | 0.157 | 0.133 | |
| Pantothenic acid | mg | 0.506 | | 1 | | 4 | | 0.143 | 0.121 | |
| Vitamin B-6 | mg | 0.058 | | 1 | | 4 | | 0.016 | 0.014 | |
| Folate, total | µg | 13 | | 1 | | 4 | | 4 | 3 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 13 | | 1 | | 4 | | 4 | 3 | |
| Folate, DFE | mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 3 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.01 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 1 | 1 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 42 | | 1 | | 4 | | 12 | 10 | |
| 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 | 11.410 | | 0 | | 1 | | 3.235 | 2.738 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19017**
**Snacks, granola bars, hard, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.060 | | 1 | | 1 | | 0.017 | 0.014 | |
| 8:0 g | 0.760 | | 1 | | 1 | | 0.215 | 0.182 | |
| 10:0 g | 0.610 | | 1 | | 1 | | 0.173 | 0.146 | |
| 12:0 g | 4.550 | | 1 | | 1 | | 1.290 | 1.092 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.720 | | 1 | | 1 | | 0.488 | 0.413 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.160 | | 1 | | 1 | | 0.612 | 0.518 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.520 | | 1 | | 1 | | 0.431 | 0.365 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.630 | | 0 | | 1 | | 0.746 | 0.631 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.010 | | 1 | | 1 | | 0.003 | 0.002 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.610 | | 1 | | 1 | | 0.740 | 0.626 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.270 | | 0 | | 1 | | 0.360 | 0.305 | |
| 18:2 undifferentiated g | 1.220 | | 1 | | 1 | | 0.346 | 0.293 | |
| 18:3 undifferentiated g | 0.050 | | 1 | | 1 | | 0.014 | 0.012 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.134 | | 0 | | 1 | | 0.038 | 0.032 | |
| Threonine g | 0.211 | | 0 | | 1 | | 0.060 | 0.051 | |
| Isoleucine g | 0.274 | | 0 | | 1 | | 0.078 | 0.066 | |
| Leucine g | 0.552 | | 0 | | 1 | | 0.156 | 0.132 | |
| Lysine g | 0.311 | | 0 | | 1 | | 0.088 | 0.075 | |
| Methionine g | 0.134 | | 0 | | 1 | | 0.038 | 0.032 | |
| Cystine g | 0.222 | | 0 | | 1 | | 0.063 | 0.053 | |
| Phenylalanine g | 0.368 | | 0 | | 1 | | 0.104 | 0.088 | |
| Tyrosine g | 0.274 | | 0 | | 1 | | 0.078 | 0.066 | |
| Valine g | 0.396 | | 0 | | 1 | | 0.112 | 0.095 | |
| Arginine g | 0.517 | | 0 | | 1 | | 0.147 | 0.124 | |
| Histidine g | 0.164 | | 0 | | 1 | | 0.046 | 0.039 | |
| Alanine g | 0.356 | | 0 | | 1 | | 0.101 | 0.085 | |
| Aspartic acid g | 0.648 | | 0 | | 1 | | 0.184 | 0.156 | |
| Glutamic acid g | 1.494 | | 0 | | 1 | | 0.424 | 0.359 | |
| Glycine g | 0.380 | | 0 | | 1 | | 0.108 | 0.091 | |
| Proline g | 0.395 | | 0 | | 1 | | 0.112 | 0.095 | |
| Serine g | 0.359 | | 0 | | 1 | | 0.102 | 0.086 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19017**

**Snacks, granola bars, hard, chocolate chip**

Measure 2 = 24g: 1 bar

**Calories Factors: Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.8

**Food Group:** 25 Snacks

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

**NDB No. 19019**
**Snacks, granola bars, hard, peanut**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.30 | | 1 | | 1 | | 0.65 | | |
| Energy | kcal | 479 | | 0 | NC | 4 | | 136 | | |
| Energy | kJ | 2004 | | 0 | | 4 | | 568 | | |
| Protein (N x 5.7) | g | 11.00 | | 2 | | 1 | | 3.12 | | |
| Total lipid (fat) | g | 21.40 | | 2 | | 1 | | 6.07 | | |
| Ash | g | 1.50 | | 1 | | 1 | | 0.43 | | |
| Carbohydrate, by difference | g | 63.70 | | 0 | NC | 4 | | 18.06 | | |
| Fiber, total dietary | g | 4.3 | | 0 | | 4 | | 1.2 | | |
| Sugars, total | g | 33.96 | | 0 | FLM | 4 | | 9.63 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 39 | | 1 | | 1 | | 11 | | |
| Iron, Fe | mg | 2.50 | | 1 | | 1 | | 0.71 | | |
| Magnesium, Mg | mg | 110 | | 1 | | 1 | | 31 | | |
| Phosphorus, P | mg | 300 | | 1 | | 1 | | 85 | | |
| Potassium, K | mg | 305 | | 1 | | 1 | | 86 | | |
| Sodium, Na | mg | 278 | | 2 | | 1 | | 79 | | |
| Zinc, Zn | mg | 2.09 | | 1 | | 4 | | 0.59 | | |
| Copper, Cu | mg | 0.279 | | 1 | | 4 | | 0.079 | | |
| Manganese, Mn | mg | 1.407 | | 1 | | 4 | | 0.399 | | |
| Selenium, Se | µg | 15.0 | | 0 | FLM | 4 | | 4.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.190 | | 1 | | 1 | | 0.054 | | |
| Riboflavin | mg | 0.080 | | 1 | | 1 | | 0.023 | | |
| Niacin | mg | 1.460 | | 1 | | 1 | | 0.414 | | |
| Pantothenic acid | mg | 0.600 | | 1 | | 4 | | 0.170 | | |
| Vitamin B-6 | mg | 0.070 | | 1 | | 4 | | 0.020 | | |
| Folate, total | µg | 34 | | 0 | FLM | 4 | | 10 | | |
| Folic acid | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Folate, food | µg | 34 | | 0 | FLM | 4 | | 10 | | |
| Folate, DFE | mcg_DFE | 34 | | 0 | NC | 4 | | 10 | | |
| Choline, total | mg | 32.2 | | 0 | FLA | 4 | | 9.1 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | FLM | 4 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 74 | | 0 | FLM | 4 | | 21 | | |
| Vitamin E (alpha-tocopherol) | mg | 5.52 | | 0 | FLM | 4 | | 1.56 | | |
| 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 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 3.6 | | 0 | FLM | 4 | | 1.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19019**
**Snacks, granola bars, hard, peanut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 2.520 | | 0 | | 1 | | 0.714 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.010 | | 2 | | 1 | | 0.003 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 2 | | 1 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.630 | | 2 | | 1 | | 0.462 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.780 | | 2 | | 1 | | 0.221 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.760 | | 0 | | 1 | | 1.633 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 2 | | 1 | | 0.003 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.680 | | 2 | | 1 | | 1.610 | | |
| 20:1....g | 0.060 | | 2 | | 1 | | 0.017 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 11.880 | | 0 | | 1 | | 3.368 | | |
| 18:2 undifferentiated....g | 11.850 | | 2 | | 1 | | 3.359 | | |
| 18:3 undifferentiated....g | 0.030 | | 2 | | 1 | | 0.009 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.172 | | 0 | | 1 | | 0.049 | | |
| Threonine....g | 0.331 | | 0 | | 1 | | 0.094 | | |
| Isoleucine....g | 0.402 | | 0 | | 1 | | 0.114 | | |
| Leucine....g | 0.800 | | 0 | | 1 | | 0.227 | | |
| Lysine....g | 0.443 | | 0 | | 1 | | 0.126 | | |
| Methionine....g | 0.182 | | 0 | | 1 | | 0.052 | | |
| Cystine....g | 0.280 | | 0 | | 1 | | 0.079 | | |
| Phenylalanine....g | 0.564 | | 0 | | 1 | | 0.160 | | |
| Tyrosine....g | 0.423 | | 0 | | 1 | | 0.120 | | |
| Valine....g | 0.549 | | 0 | | 1 | | 0.156 | | |
| Arginine....g | 0.970 | | 0 | | 1 | | 0.275 | | |
| Histidine....g | 0.261 | | 0 | | 1 | | 0.074 | | |
| Alanine....g | 0.503 | | 0 | | 1 | | 0.143 | | |
| Aspartic acid....g | 1.098 | | 0 | | 1 | | 0.311 | | |
| Glutamic acid....g | 2.306 | | 0 | | 1 | | 0.654 | | |
| Glycine....g | 0.611 | | 0 | | 1 | | 0.173 | | |
| Proline....g | 0.564 | | 0 | | 1 | | 0.160 | | |
| Serine....g | 0.549 | | 0 | | 1 | | 0.156 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLM | 4 | | 0 | | |

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

**NDB No. 19019**
**Snacks, granola bars, hard, peanut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19420**
**Snacks, granola bars, hard, peanut butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.30 | | 1 | | 1 | | 0.65 | 0.55 | |
| Energy | kcal | 483 | | 0 | NC | 4 | | 137 | 116 | |
| Energy | kJ | 2021 | | | | 4 | | 573 | 485 | |
| Protein (N x 5.6) | g | 9.80 | | 1 | | 1 | | 2.78 | 2.35 | |
| Total lipid (fat) | g | 23.80 | | 1 | | 1 | | 6.75 | 5.71 | |
| Ash | g | 1.70 | | 1 | | 1 | | 0.48 | 0.41 | |
| Carbohydrate, by difference | g | 62.30 | | 0 | NC | 4 | | 17.66 | 14.95 | |
| Fiber, total dietary | g | 2.9 | | 0 | | 4 | | 0.8 | 0.7 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 41 | | 1 | | 1 | | 12 | 10 | |
| Iron, Fe | mg | 2.40 | | 1 | | 1 | | 0.68 | 0.58 | |
| Magnesium, Mg | mg | 55 | | 1 | | 4 | | 16 | 13 | |
| Phosphorus, P | mg | 139 | | 1 | | 4 | | 39 | 33 | |
| Potassium, K | mg | 291 | | 1 | | 1 | | 82 | 70 | |
| Sodium, Na | mg | 283 | | 1 | | 1 | | 80 | 68 | |
| Zinc, Zn | mg | 1.25 | | 1 | | 4 | | 0.35 | 0.30 | |
| Copper, Cu | mg | 0.218 | | 1 | | 4 | | 0.062 | 0.052 | |
| Manganese, Mn | mg | 0.922 | | 1 | | 4 | | 0.261 | 0.221 | |
| Selenium, Se | µg | 15.0 | | 0 | FLM | 4 | | 4.3 | 3.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 1 | | 4 | | 0.1 | 0.0 | |
| Thiamin | mg | 0.210 | | 1 | | 1 | | 0.060 | 0.050 | |
| Riboflavin | mg | 0.090 | | 1 | | 1 | | 0.026 | 0.022 | |
| Niacin | mg | 1.970 | | 1 | | 1 | | 0.558 | 0.473 | |
| Pantothenic acid | mg | 0.387 | | 1 | | 4 | | 0.110 | 0.093 | |
| Vitamin B-6 | mg | 0.096 | | 1 | | 4 | | 0.027 | 0.023 | |
| Folate, total | µg | 18 | | 1 | | 4 | | 5 | 4 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 18 | | 1 | | 4 | | 5 | 4 | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 5 | 4 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 16 | | 1 | | 4 | | 5 | 4 | |
| 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 | 3.200 | | 0 | | 1 | | 0.907 | 0.768 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19420**
**Snacks, granola bars, hard, peanut butter**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | 0.020 | | 2 | | 1 | | 0.006 | 0.005 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.020 | | 2 | | 1 | | 0.006 | 0.005 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.210 | | 2 | | 1 | | 0.627 | 0.530 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.900 | | 2 | | 1 | | 0.255 | 0.216 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.000 | | 0 | | 1 | | 1.985 | 1.680 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.010 | | 2 | | 1 | | 0.003 | 0.002 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.910 | | 2 | | 1 | | 1.959 | 1.658 | |
| 20:1 g | 0.080 | | 2 | | 1 | | 0.023 | 0.019 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 12.080 | | 0 | | 1 | | 3.425 | 2.899 | |
| 18:2 undifferentiated g | 11.950 | | 2 | | 1 | | 3.388 | 2.868 | |
| 18:3 undifferentiated g | 0.110 | | 2 | | 1 | | 0.031 | 0.026 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 2 | | 1 | | 0.006 | 0.005 | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.131 | | 0 | | 1 | | 0.037 | 0.031 | |
| Threonine g | 0.310 | | 0 | | 1 | | 0.088 | 0.074 | |
| Isoleucine g | 0.350 | | 0 | | 1 | | 0.099 | 0.084 | |
| Leucine g | 0.679 | | 0 | | 1 | | 0.192 | 0.163 | |
| Lysine g | 0.376 | | 0 | | 1 | | 0.107 | 0.090 | |
| Methionine g | 0.144 | | 0 | | 1 | | 0.041 | 0.035 | |
| Cystine g | 0.200 | | 0 | | 1 | | 0.057 | 0.048 | |
| Phenylalanine g | 0.502 | | 0 | | 1 | | 0.142 | 0.120 | |
| Tyrosine g | 0.383 | | 0 | | 1 | | 0.109 | 0.092 | |
| Valine g | 0.455 | | 0 | | 1 | | 0.129 | 0.109 | |
| Arginine g | 0.977 | | 0 | | 1 | | 0.277 | 0.234 | |
| Histidine g | 0.236 | | 0 | | 1 | | 0.067 | 0.057 | |
| Alanine g | 0.424 | | 0 | | 1 | | 0.120 | 0.102 | |
| Aspartic acid g | 1.059 | | 0 | | 1 | | 0.300 | 0.254 | |
| Glutamic acid g | 2.036 | | 0 | | 1 | | 0.577 | 0.489 | |
| Glycine g | 0.558 | | 0 | | 1 | | 0.158 | 0.134 | |
| Proline g | 0.495 | | 0 | | 1 | | 0.140 | 0.119 | |
| Serine g | 0.483 | | 0 | | 1 | | 0.137 | 0.116 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19420**

**Snacks, granola bars, hard, peanut butter**

Measure 2 = 24g: 1 bar

**Calories Factors: Protein** 3.4 **Fat** 8.7 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19015**
**Snacks, granola bars, hard, plain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.90 | 0.241 | 27 | | 1 | | 0.82 | 1.09 | 0.98 |
| Energy....kcal | 471 | | 0 | NC | 4 | | 99 | 132 | 118 |
| Energy....kJ | 1972 | | 0 | NC | 4 | | 414 | 552 | 493 |
| Protein (N x 6.25)....g | 10.10 | 0.292 | 28 | | 1 | | 2.12 | 2.83 | 2.53 |
| Total lipid (fat)....g | 19.80 | 0.445 | 27 | | 1 | | 4.16 | 5.54 | 4.95 |
| Ash....g | 1.90 | 0.038 | 25 | | 1 | | 0.40 | 0.53 | 0.48 |
| Carbohydrate, by difference....g | 64.40 | | 0 | NC | 4 | | 13.52 | 18.03 | 16.10 |
| Fiber, total dietary....g | 5.3 | | 0 | | 4 | | 1.1 | 1.5 | 1.3 |
| Sugars, total....g | 28.57 | | 0 | FLA | 4 | | 6.00 | 8.00 | 7.14 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 61 | 2.995 | 18 | | 1 | | 13 | 17 | 15 |
| Iron, Fe....mg | 2.95 | 0.099 | 22 | | 1 | | 0.62 | 0.83 | 0.74 |
| Magnesium, Mg....mg | 97 | 7.625 | 3 | | 1 | | 20 | 27 | 24 |
| Phosphorus, P....mg | 277 | 4.152 | 21 | | 1 | | 58 | 78 | 69 |
| Potassium, K....mg | 336 | 10.383 | 19 | | 1 | | 71 | 94 | 84 |
| Sodium, Na....mg | 294 | 7.089 | 24 | | 1 | | 62 | 82 | 74 |
| Zinc, Zn....mg | 2.03 | | 1 | | 1 | | 0.43 | 0.57 | 0.51 |
| Copper, Cu....mg | 0.392 | | 1 | | 1 | | 0.082 | 0.110 | 0.098 |
| Manganese, Mn....mg | 1.777 | | 1 | | 1 | | 0.373 | 0.498 | 0.444 |
| Selenium, Se....µg | 16.2 | | 0 | FLM | 4 | | 3.4 | 4.5 | 4.1 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.9 | 0.001 | 3 | | 1 | | 0.2 | 0.3 | 0.2 |
| Thiamin....mg | 0.264 | 0.006 | 23 | | 1 | | 0.055 | 0.074 | 0.066 |
| Riboflavin....mg | 0.119 | 0.012 | 18 | | 1 | | 0.025 | 0.033 | 0.030 |
| Niacin....mg | 1.581 | 0.287 | 9 | | 1 | | 0.332 | 0.443 | 0.395 |
| Pantothenic acid....mg | 0.813 | 0.294 | 4 | | 1 | | 0.171 | 0.228 | 0.203 |
| Vitamin B-6....mg | 0.085 | 0.010 | 4 | | 1 | | 0.018 | 0.024 | 0.021 |
| Folate, total....µg | 23 | 1.698 | 3 | | 1 | | 5 | 6 | 6 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 23 | 1.698 | 3 | | 1 | | 5 | 6 | 6 |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 5 | 6 | 6 |
| Choline, total....mg | 22.0 | | 0 | AS | 1 | | 4.6 | 6.2 | 5.5 |
| Betaine....mg | 6.9 | | 1 | A | 1 | | 1.5 | 1.9 | 1.7 |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | 2 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 17 | | 0 | FLA | 4 | | 4 | 5 | 4 |
| Carotene, alpha....µg | 6 | | 0 | FLA | 4 | | 1 | 2 | 2 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 33 | | 0 | NC | 4 | | 7 | 9 | 8 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 189 | | 0 | FLA | 4 | | 40 | 53 | 47 |
| Vitamin E (alpha-tocopherol)....mg | 2.09 | | 0 | FLA | 4 | | 0.44 | 0.58 | 0.52 |
| 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 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 14.6 | | 0 | FLA | 4 | | 3.1 | 4.1 | 3.7 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19015**
**Snacks, granola bars, hard, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.370 | | 0 | | 1 | | 0.498 | 0.664 | 0.593 |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.010 | | 1 | | 1 | | 0.002 | 0.003 | 0.003 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.002 | 0.003 | 0.003 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.540 | | 1 | | 1 | | 0.323 | 0.431 | 0.385 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.760 | | 1 | | 1 | | 0.160 | 0.213 | 0.190 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.380 | | 0 | | 1 | | 0.920 | 1.226 | 1.095 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.002 | 0.003 | 0.003 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.370 | | 1 | | 1 | | 0.918 | 1.224 | 1.093 |
| 20:1....g | 0.130 | | 0 | FLA | 4 | | 0.027 | 0.036 | 0.033 |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 12.050 | | 0 | | 1 | | 2.531 | 3.374 | 3.013 |
| 18:2 undifferentiated....g | 11.990 | | 1 | | 1 | | 2.518 | 3.357 | 2.998 |
| 18:3 undifferentiated....g | 0.060 | | 1 | | 1 | | 0.013 | 0.017 | 0.015 |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.177 | | 0 | | 1 | | 0.037 | 0.050 | 0.044 |
| Threonine....g | 0.264 | | 0 | | 1 | | 0.055 | 0.074 | 0.066 |
| Isoleucine....g | 0.352 | | 0 | | 1 | | 0.074 | 0.099 | 0.088 |
| Leucine....g | 0.724 | | 0 | | 1 | | 0.152 | 0.203 | 0.181 |
| Lysine....g | 0.400 | | 0 | | 1 | | 0.084 | 0.112 | 0.100 |
| Methionine....g | 0.177 | | 0 | | 1 | | 0.037 | 0.050 | 0.044 |
| Cystine....g | 0.304 | | 0 | | 1 | | 0.064 | 0.085 | 0.076 |
| Phenylalanine....g | 0.479 | | 0 | | 1 | | 0.101 | 0.134 | 0.120 |
| Tyrosine....g | 0.352 | | 0 | | 1 | | 0.074 | 0.099 | 0.088 |
| Valine....g | 0.508 | | 0 | | 1 | | 0.107 | 0.142 | 0.127 |
| Arginine....g | 0.674 | | 0 | | 1 | | 0.142 | 0.189 | 0.169 |
| Histidine....g | 0.216 | | 0 | | 1 | | 0.045 | 0.060 | 0.054 |
| Alanine....g | 0.460 | | 0 | | 1 | | 0.097 | 0.129 | 0.115 |
| Aspartic acid....g | 0.830 | | 0 | | 1 | | 0.174 | 0.232 | 0.208 |
| Glutamic acid....g | 1.975 | | 0 | | 1 | | 0.415 | 0.553 | 0.494 |
| Glycine....g | 0.499 | | 0 | | 1 | | 0.105 | 0.140 | 0.125 |
| Proline....g | 0.518 | | 0 | | 1 | | 0.109 | 0.145 | 0.130 |
| Serine....g | 0.470 | | 0 | | 1 | | 0.099 | 0.132 | 0.118 |
| 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.

**NDB No. 19015**
**Snacks, granola bars, hard, plain**

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

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

**Common Measures:**

Measure 1 = 21g: 1 bar

Measure 2 = 28g: 1 bar (1 oz)

Measure 3 = 25g: 1 bar

**Calories Factors: Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19023**
**Snacks, granola bars, oats, fruits and nut**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.20 | | 0 | | 4 | | 2.04 | | |
| Energy | kcal | 397 | | 0 | NC | 4 | | 113 | | |
| Energy | kJ | 1662 | | 0 | NC | 4 | | 471 | | |
| Protein | g | 7.70 | | 0 | | 4 | | 2.18 | | |
| Total lipid (fat) | g | 6.30 | | 0 | | 4 | | 1.79 | | |
| Ash | g | 1.38 | | 0 | FLA | 4 | | 0.39 | | |
| Carbohydrate, by difference | g | 77.42 | | 0 | NC | 4 | | 21.95 | | |
| Fiber, total dietary | g | 5.3 | | 0 | | 4 | | 1.5 | | |
| Sugars, total | g | 43.50 | | 0 | O | 4 | | 12.33 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 36 | | 0 | | 4 | | 10 | | |
| Iron, Fe | mg | 5.30 | | 0 | | 4 | | 1.50 | | |
| Magnesium, Mg | mg | 85 | | 0 | | 4 | | 24 | | |
| Phosphorus, P | mg | 243 | | 0 | | 4 | | 69 | | |
| Potassium, K | mg | 238 | | 0 | | 4 | | 67 | | |
| Sodium, Na | mg | 251 | | 0 | | 4 | | 71 | | |
| Zinc, Zn | mg | 1.87 | | 0 | | 4 | | 0.53 | | |
| Copper, Cu | mg | 0.670 | | 0 | | 4 | | 0.190 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 15.4 | | 0 | BFZN | 4 | | 4.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.490 | | 0 | | 4 | | 0.139 | | |
| Riboflavin | mg | 0.440 | | 0 | | 4 | | 0.125 | | |
| Niacin | mg | 5.120 | | 0 | | 4 | | 1.452 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.800 | | 0 | | 4 | | 0.227 | | |
| Folate, total | µg | 160 | | 0 | | 4 | | 45 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 160 | | 0 | | 4 | | 45 | | |
| Folate, DFE | mcg_DFE | 160 | | 0 | NC | 4 | | 45 | | |
| Choline, total | mg | 22.6 | | 0 | FLA | 4 | | 6.4 | | |
| 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 | 28 | | 0 | NC | 4 | | 8 | | |
| Retinol | µg | 28 | | 0 | FLA | 4 | | 8 | | |
| Carotene, beta | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 94 | | 0 | NC | 4 | | 27 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 59 | | 0 | FLA | 4 | | 17 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.09 | | 0 | FLA | 4 | | 0.31 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | 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 | 2.6 | | 0 | FLA | 4 | | 0.7 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19023**
**Snacks, granola bars, oats, fruits and nut**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.730 | | 0 | | 4 | | 0.207 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.006 | | 0 | | 4 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.011 | | 0 | | 4 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.540 | | 0 | | 4 | | 0.153 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.170 | | 0 | | 4 | | 0.048 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.170 | | 0 | | 4 | | 0.048 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.171 | | 0 | | 4 | | 0.048 | | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 4.830 | | 0 | | 4 | | 1.369 | | |
| 18:2 undifferentiated....g | 4.666 | | 0 | | 4 | | 1.323 | | |
| 18:3 undifferentiated....g | 0.166 | | 0 | | 4 | | 0.047 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25038**
**Snacks, granola bars, soft, almond, confectioners coating**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.74 | | 0 | FLC | 4 | | 3.06 | | |
| Energy | kcal | 455 | | 0 | NC | 4 | | 159 | | |
| Energy | kJ | 1903 | | 0 | NC | 4 | | 666 | | |
| Protein | g | 8.60 | | 0 | FLC | 4 | | 3.01 | | |
| Total lipid (fat) | g | 20.00 | | 0 | FLC | 4 | | 7.00 | | |
| Ash | g | 2.53 | | 0 | FLC | 4 | | 0.89 | | |
| Carbohydrate, by difference | g | 60.13 | | 0 | NC | 4 | | 21.04 | | |
| Fiber, total dietary | g | 4.3 | | 0 | FLC | 4 | | 1.5 | | |
| Sugars, total | g | 34.00 | | 0 | FLC | 4 | | 11.90 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 136 | | 0 | FLC | 4 | | 48 | | |
| Iron, Fe | mg | 1.49 | | 0 | FLC | 4 | | 0.52 | | |
| Magnesium, Mg | mg | 95 | | 0 | FLC | 4 | | 33 | | |
| Phosphorus, P | mg | 192 | | 0 | FLC | 4 | | 67 | | |
| Potassium, K | mg | 320 | | 0 | FLC | 4 | | 112 | | |
| Sodium, Na | mg | 486 | | 0 | FLC | 4 | | 170 | | |
| Zinc, Zn | mg | 1.41 | | 0 | FLC | 4 | | 0.49 | | |
| Copper, Cu | mg | 0.337 | | 0 | FLC | 4 | | 0.118 | | |
| Manganese, Mn | mg | 0.933 | | 0 | FLC | 4 | | 0.327 | | |
| Selenium, Se | µg | 6.5 | | 0 | FLC | 4 | | 2.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLC | 4 | | 0.1 | | |
| Thiamin | mg | 0.102 | | 0 | FLC | 4 | | 0.036 | | |
| Riboflavin | mg | 0.360 | | 0 | FLC | 4 | | 0.126 | | |
| Niacin | mg | 1.318 | | 0 | FLC | 4 | | 0.461 | | |
| Pantothenic acid | mg | 0.379 | | 0 | FLC | 4 | | 0.132 | | |
| Vitamin B-6 | mg | 0.072 | | 0 | FLC | 4 | | 0.025 | | |
| Folate, total | µg | 18 | | 0 | FLC | 4 | | 6 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 18 | | 0 | FLC | 4 | | 6 | | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 6 | | |
| Choline, total | mg | 27.1 | | 0 | FLC | 4 | | 9.5 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.14 | | 0 | FLC | 4 | | 0.05 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | NC | 4 | | 2 | | |
| Retinol | µg | 5 | | 0 | FLC | 4 | | 2 | | |
| Carotene, beta | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 19 | | 0 | NC | 4 | | 7 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 15 | | 0 | FLC | 4 | | 5 | | |
| Vitamin E (alpha-tocopherol) | mg | 7.60 | | 0 | FLC | 4 | | 2.66 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.08 | | 0 | FLC | 4 | | 0.03 | | |
| Tocopherol, gamma | mg | 0.19 | | 0 | FLC | 4 | | 0.07 | | |
| Tocopherol, delta | mg | 0.01 | | 0 | FLC | 4 | | 0.00 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 1.5 | | 0 | FLC | 4 | | 0.5 | | |
| Dihydrophylloquinone | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25038**

**Snacks, granola bars, soft, almond, confectioners coating**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 5.668 | | 0 | FLC | 4 | | 1.984 | | |
| 4:0....g | 0.018 | | 0 | FLC | 4 | | 0.006 | | |
| 6:0....g | 0.022 | | 0 | FLC | 4 | | 0.008 | | |
| 8:0....g | 0.177 | | 0 | FLC | 4 | | 0.062 | | |
| 10:0....g | 0.207 | | 0 | FLC | 4 | | 0.073 | | |
| 12:0....g | 2.431 | | 0 | FLC | 4 | | 0.851 | | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0....g | 0.908 | | 0 | FLC | 4 | | 0.318 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 1.506 | | 0 | FLC | 4 | | 0.527 | | |
| 17:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 18:0....g | 0.392 | | 0 | FLC | 4 | | 0.137 | | |
| 20:0....g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 9.491 | | 0 | FLC | 4 | | 3.322 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.082 | | 0 | FLC | 4 | | 0.029 | | |
| 17:1....g | 0.007 | | 0 | FLC | 4 | | 0.002 | | |
| 18:1 undifferentiated....g | 9.399 | | 0 | FLC | 4 | | 3.290 | | |
| 20:1....g | 0.003 | | 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 | 3.643 | | 0 | FLC | 4 | | 1.275 | | |
| 18:2 undifferentiated....g | 3.628 | | 0 | FLC | 4 | | 1.270 | | |
| 18:3 undifferentiated....g | 0.014 | | 0 | FLC | 4 | | 0.005 | | |
| 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 | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.005 | | 0 | FLC | 4 | | 0.002 | | |
| Cholesterol....mg | 3 | | 0 | FLC | 4 | | 1 | | |
| 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 = 35g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19024**

**Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.60 | | 2 | | 1 | | 1.26 | 1.01 | |
| Energy | kcal | 466 | | 0 | | 4 | | 163 | 130 | |
| Energy | kJ | 1950 | | | | 4 | | 682 | 546 | |
| Protein (N x 6.1) | g | 5.80 | | 1 | | 1 | | 2.03 | 1.62 | |
| Total lipid (fat) | g | 24.90 | | 2 | | 1 | | 8.72 | 6.97 | |
| Ash | g | 1.50 | | 1 | | 1 | | 0.53 | 0.42 | |
| Carbohydrate, by difference | g | 63.80 | | 0 | NC | 4 | | 22.33 | 17.86 | |
| Fiber, total dietary | g | 3.4 | | 0 | | 1 | | 1.2 | 1.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | | 2 | | 1 | | 36 | 29 | |
| Iron, Fe | mg | 2.33 | | 2 | | 1 | | 0.82 | 0.65 | |
| Magnesium, Mg | mg | 66 | | 1 | | 1 | | 23 | 18 | |
| Phosphorus, P | mg | 199 | | 1 | | 1 | | 70 | 56 | |
| Potassium, K | mg | 313 | | 1 | | 1 | | 110 | 88 | |
| Sodium, Na | mg | 200 | | 2 | | 1 | | 70 | 56 | |
| Zinc, Zn | mg | 1.30 | | 1 | | 1 | | 0.46 | 0.36 | |
| Copper, Cu | mg | 0.350 | | 1 | | 1 | | 0.123 | 0.098 | |
| Manganese, Mn | mg | 0.930 | | 1 | | 1 | | 0.326 | 0.260 | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 2 | | 1 | | 0.032 | 0.025 | |
| Riboflavin | mg | 0.250 | | 2 | | 1 | | 0.088 | 0.070 | |
| Niacin | mg | 0.720 | | 2 | | 1 | | 0.252 | 0.202 | |
| Pantothenic acid | mg | 0.510 | | 1 | | 1 | | 0.179 | 0.143 | |
| Vitamin B-6 | mg | 0.100 | | 1 | | 1 | | 0.035 | 0.028 | |
| Folate, total | µg | 26 | | 1 | | 1 | | 9 | 7 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 26 | | 1 | | 1 | | 9 | 7 | |
| Folate, DFE | mcg_DFE | 26 | | 0 | NC | 4 | | 9 | 7 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.57 | | 1 | | 1 | | 0.20 | 0.16 | |
| Vitamin A, RAE | mcg_RAE | 7 | | 0 | NC | 4 | | 2 | 2 | |
| Retinol | µg | 5 | | 0 | NC | 4 | | 2 | 1 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 39 | | 1 | | 4 | | 14 | 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 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 | 14.220 | | 0 | | 1 | | 4.977 | 3.982 | |
| 4:0 | g | 0.100 | | 1 | | 1 | | 0.035 | 0.028 | |

**NDB No. 19024**

**Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.040 | | 1 | | 1 | | 0.014 | 0.011 | |
| 8:0 g | 0.130 | | 1 | | 1 | | 0.046 | 0.036 | |
| 10:0 g | 0.150 | | 1 | | 1 | | 0.053 | 0.042 | |
| 12:0 g | 0.630 | | 1 | | 1 | | 0.221 | 0.176 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.570 | | 1 | | 1 | | 0.200 | 0.160 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 6.040 | | 1 | | 1 | | 2.114 | 1.691 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 6.570 | | 1 | | 1 | | 2.300 | 1.840 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.770 | | 0 | | 1 | | 2.720 | 2.176 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.190 | | 1 | | 1 | | 0.067 | 0.053 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.580 | | 1 | | 1 | | 2.653 | 2.122 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.820 | | 0 | | 1 | | 0.637 | 0.510 | |
| 18:2 undifferentiated g | 1.710 | | 1 | | 1 | | 0.599 | 0.479 | |
| 18:3 undifferentiated g | 0.110 | | 1 | | 1 | | 0.039 | 0.031 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 5 | | 1 | | 1 | | 2 | 1 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.070 | | 0 | | 1 | | 0.025 | 0.020 | |
| Threonine g | 0.226 | | 0 | | 1 | | 0.079 | 0.063 | |
| Isoleucine g | 0.270 | | 0 | | 1 | | 0.095 | 0.076 | |
| Leucine g | 0.474 | | 0 | | 1 | | 0.166 | 0.133 | |
| Lysine g | 0.289 | | 0 | | 1 | | 0.101 | 0.081 | |
| Methionine g | 0.114 | | 0 | | 1 | | 0.040 | 0.032 | |
| Cystine g | 0.063 | | 0 | | 1 | | 0.022 | 0.018 | |
| Phenylalanine g | 0.291 | | 0 | | 1 | | 0.102 | 0.081 | |
| Tyrosine g | 0.244 | | 0 | | 1 | | 0.085 | 0.068 | |
| Valine g | 0.345 | | 0 | | 1 | | 0.121 | 0.097 | |
| Arginine g | 0.241 | | 0 | | 1 | | 0.084 | 0.067 | |
| Histidine g | 0.105 | | 0 | | 1 | | 0.037 | 0.029 | |
| Alanine g | 0.222 | | 0 | | 1 | | 0.078 | 0.062 | |
| Aspartic acid g | 0.479 | | 0 | | 1 | | 0.168 | 0.134 | |
| Glutamic acid g | 1.112 | | 0 | | 1 | | 0.389 | 0.311 | |
| Glycine g | 0.177 | | 0 | | 1 | | 0.062 | 0.050 | |
| Proline g | 0.393 | | 0 | | 1 | | 0.138 | 0.110 | |
| Serine g | 0.254 | | 0 | | 1 | | 0.089 | 0.071 | |
| 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 = 35g: 1 bar (1.25 oz)

**NDB No. 19024**

**Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip**

Measure 2 = 28g: 1 bar (1 oz)

**Calories Factors: Protein** 3.5 **Fat** 8.6 **Carbohydrate** 3.6

**Food Group:** 25 Snacks

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

**NDB No. 19026**

**Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.20 | | 1 | | 1 | | 0.91 | 1.18 | |
| Energy | kcal | 508 | | 0 | NC | 4 | | 144 | 188 | |
| Energy | kJ | 2126 | | 0 | NC | 4 | | 603 | 787 | |
| Protein (N x 5.9) | g | 10.20 | | 2 | | 1 | | 2.89 | 3.77 | |
| Total lipid (fat) | g | 31.10 | | 2 | | 1 | | 8.82 | 11.51 | |
| Ash | g | 1.90 | | 1 | | 1 | | 0.54 | 0.70 | |
| Carbohydrate, by difference | g | 53.40 | | 0 | NC | 4 | | 15.14 | 19.76 | |
| Fiber, total dietary | g | 2.8 | | 0 | | 4 | | 0.8 | 1.0 | |
| Sugars, total | g | 23.74 | | 0 | FLA | 4 | | 6.73 | 8.78 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 108 | 13.062 | 3 | | 1 | | 31 | 40 | |
| Iron, Fe | mg | 1.45 | 0.221 | 3 | | 1 | | 0.41 | 0.54 | |
| Magnesium, Mg | mg | 67 | | 1 | | 4 | | 19 | 25 | |
| Phosphorus, P | mg | 227 | | 1 | | 4 | | 64 | 84 | |
| Potassium, K | mg | 339 | | 1 | | 1 | | 96 | 125 | |
| Sodium, Na | mg | 193 | | 2 | | 1 | | 55 | 71 | |
| Zinc, Zn | mg | 1.47 | | 1 | | 4 | | 0.42 | 0.54 | |
| Copper, Cu | mg | 0.323 | | 1 | | 4 | | 0.092 | 0.120 | |
| Manganese, Mn | mg | 1.350 | | 1 | | 4 | | 0.383 | 0.500 | |
| Selenium, Se | µg | 13.1 | | 0 | FLA | 4 | | 3.7 | 4.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 1 | | 4 | | 0.2 | 0.2 | |
| Thiamin | mg | 0.100 | | 2 | | 1 | | 0.028 | 0.037 | |
| Riboflavin | mg | 0.210 | 0.032 | 3 | | 1 | | 0.060 | 0.078 | |
| Niacin | mg | 3.290 | 0.067 | 3 | | 1 | | 0.933 | 1.217 | |
| Pantothenic acid | mg | 0.530 | | 1 | | 4 | | 0.150 | 0.196 | |
| Vitamin B-6 | mg | 0.106 | | 1 | | 4 | | 0.030 | 0.039 | |
| Folate, total | µg | 25 | | 1 | | 4 | | 7 | 9 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 25 | | 1 | | 4 | | 7 | 9 | |
| Folate, DFE | mcg_DFE | 25 | | 0 | NC | 4 | | 7 | 9 | |
| Choline, total | mg | 24.7 | | 0 | FLA | 4 | | 7.0 | 9.1 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | NC | 4 | | 1 | 2 | |
| Retinol | µg | 5 | | 0 | NR | 4 | | 1 | 2 | |
| Carotene, beta | µg | 6 | | 0 | NR | 4 | | 2 | 2 | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 25 | | 0 | NC | 4 | | 7 | 9 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 33 | | 0 | FLA | 4 | | 9 | 12 | |
| Vitamin E (alpha-tocopherol) | mg | 4.17 | | 0 | FLA | 4 | | 1.18 | 1.54 | |
| 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 | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | µg | 13.2 | | 0 | FLA | 4 | | 3.8 | 4.9 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19026**

**Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 17.010 | | 0 | | 1 | | 4.822 | 6.294 | |
| 4:0....g | 0.070 | | 1 | | 1 | | 0.020 | 0.026 | |
| 6:0....g | 0.040 | | 1 | | 1 | | 0.011 | 0.015 | |
| 8:0....g | 0.420 | | 1 | | 1 | | 0.119 | 0.155 | |
| 10:0....g | 0.490 | | 1 | | 1 | | 0.139 | 0.181 | |
| 12:0....g | 5.500 | | 1 | | 1 | | 1.559 | 2.035 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 2.150 | | 1 | | 1 | | 0.610 | 0.796 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.420 | | 1 | | 1 | | 1.253 | 1.635 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.920 | | 1 | | 1 | | 1.111 | 1.450 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.540 | | 0 | | 1 | | 1.854 | 2.420 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.120 | | 1 | | 1 | | 0.034 | 0.044 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.390 | | 1 | | 1 | | 1.812 | 2.364 | |
| 20:1....g | 0.030 | | 1 | | 1 | | 0.009 | 0.011 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.900 | | 0 | | 1 | | 0.539 | 0.703 | |
| 18:2 undifferentiated....g | 1.830 | | 1 | | 1 | | 0.519 | 0.677 | |
| 18:3 undifferentiated....g | 0.070 | | 1 | | 1 | | 0.020 | 0.026 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.003 | 0.004 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 12 | | 1 | | 1 | | 3 | 4 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.123 | | 0 | | 1 | | 0.035 | 0.046 | |
| Threonine....g | 0.387 | | 0 | | 1 | | 0.110 | 0.143 | |
| Isoleucine....g | 0.456 | | 0 | | 1 | | 0.129 | 0.169 | |
| Leucine....g | 0.804 | | 0 | | 1 | | 0.228 | 0.297 | |
| Lysine....g | 0.519 | | 0 | | 1 | | 0.147 | 0.192 | |
| Methionine....g | 0.173 | | 0 | | 1 | | 0.049 | 0.064 | |
| Cystine....g | 0.121 | | 0 | | 1 | | 0.034 | 0.045 | |
| Phenylalanine....g | 0.510 | | 0 | | 1 | | 0.145 | 0.189 | |
| Tyrosine....g | 0.431 | | 0 | | 1 | | 0.122 | 0.159 | |
| Valine....g | 0.555 | | 0 | | 1 | | 0.157 | 0.205 | |
| Arginine....g | 0.690 | | 0 | | 1 | | 0.196 | 0.255 | |
| Histidine....g | 0.228 | | 0 | | 1 | | 0.065 | 0.084 | |
| Alanine....g | 0.387 | | 0 | | 1 | | 0.110 | 0.143 | |
| Aspartic acid....g | 0.972 | | 0 | | 1 | | 0.276 | 0.360 | |
| Glutamic acid....g | 2.055 | | 0 | | 1 | | 0.583 | 0.760 | |
| Glycine....g | 0.405 | | 0 | | 1 | | 0.115 | 0.150 | |
| Proline....g | 0.680 | | 0 | | 1 | | 0.193 | 0.252 | |
| Serine....g | 0.491 | | 0 | | 1 | | 0.139 | 0.182 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 6 | | 1 | | 1 | | 2 | 2 | |
| Theobromine....mg | 42 | | 1 | | 1 | | 12 | 16 | |

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

**NDB No. 19026**

**Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 bar

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

**Food Group:** 25 Snacks

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

**NDB No. 19404**
**Snacks, granola bars, soft, uncoated, chocolate chip**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.45 | 0.203 | 3 | A | 1 | | 2.77 | 1.81 | |
| Energy | kcal | 418 | | 0 | NC | 4 | | 180 | 117 | |
| Energy | kJ | 1749 | | 0 | NC | 4 | | 752 | 490 | |
| Protein (N x 5.8) | g | 5.65 | 0.131 | 3 | A | 1 | | 2.43 | 1.58 | |
| Total lipid (fat) | g | 16.57 | 1.867 | 3 | A | 1 | | 7.13 | 4.64 | |
| Ash | g | 1.14 | 0.047 | 3 | A | 1 | | 0.49 | 0.32 | |
| Carbohydrate, by difference | g | 70.20 | | 0 | NC | 4 | | 30.18 | 19.65 | |
| Fiber, total dietary | g | 3.8 | 0.371 | 3 | A | 1 | | 1.6 | 1.1 | |
| Sugars, total | g | 28.92 | 0.938 | 3 | A | 1 | | 12.43 | 8.10 | |
| Sucrose | g | 16.51 | 2.869 | 3 | A | 1 | | 7.10 | 4.62 | |
| Glucose (dextrose) | g | 5.16 | 1.686 | 3 | A | 1 | | 2.22 | 1.45 | |
| Fructose | g | 2.01 | 0.756 | 3 | A | 1 | | 0.87 | 0.56 | |
| Lactose | g | 0.50 | 0.251 | 3 | A | 1 | | 0.22 | 0.14 | |
| Maltose | g | 4.73 | 0.890 | 3 | A | 1 | | 2.03 | 1.32 | |
| Galactose | g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch | g | 21.95 | 2.187 | 3 | A | 1 | | 9.44 | 6.15 | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 41 | 7.419 | 3 | A | 1 | | 17 | 11 | |
| Iron, Fe | mg | 2.19 | 0.031 | 3 | A | 1 | | 0.94 | 0.61 | |
| Magnesium, Mg | mg | 64 | 1.778 | 3 | A | 1 | | 27 | 18 | |
| Phosphorus, P | mg | 176 | 3.606 | 3 | A | 1 | | 76 | 49 | |
| Potassium, K | mg | 237 | 20.108 | 3 | A | 1 | | 102 | 66 | |
| Sodium, Na | mg | 179 | 24.579 | 3 | A | 1 | | 77 | 50 | |
| Zinc, Zn | mg | 1.30 | 0.049 | 3 | A | 1 | | 0.56 | 0.36 | |
| Copper, Cu | mg | 0.273 | 0.024 | 3 | A | 1 | | 0.117 | 0.076 | |
| Manganese, Mn | mg | 1.263 | 0.032 | 3 | A | 1 | | 0.543 | 0.354 | |
| Selenium, Se | µg | 11.1 | 0.833 | 3 | A | 1 | | 4.8 | 3.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.169 | 0.021 | 3 | A | 1 | | 0.072 | 0.047 | |
| Riboflavin | mg | 0.082 | 0.007 | 3 | A | 1 | | 0.035 | 0.023 | |
| Niacin | mg | 0.765 | 0.120 | 3 | A | 1 | | 0.329 | 0.214 | |
| Pantothenic acid | mg | 0.341 | 0.022 | 3 | A | 1 | | 0.146 | 0.095 | |
| Vitamin B-6 | mg | 0.066 | 0.006 | 3 | A | 1 | | 0.029 | 0.019 | |
| Folate, total | µg | 16 | 0.333 | 3 | A | 1 | | 7 | 5 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 16 | 0.333 | 3 | A | 1 | | 7 | 5 | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 7 | 5 | |
| Choline, total | mg | 16.7 | | 0 | AS | 1 | | 7.2 | 4.7 | |
| Betaine | mg | 21.6 | | 1 | A | 1 | | 9.3 | 6.0 | |
| 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 | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, alpha | µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Lycopene | µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.31 | 0.092 | 3 | A | 1 | | 0.13 | 0.09 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | 0.03 | 0.010 | 3 | A | 1 | | 0.02 | 0.01 | |
| Tocopherol, gamma | mg | 2.22 | 0.583 | 3 | A | 1 | | 0.95 | 0.62 | |
| Tocopherol, delta | mg | 0.89 | 0.246 | 3 | A | 1 | | 0.38 | 0.25 | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 19404**
**Snacks, granola bars, soft, uncoated, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 16.4 | 2.515 | 3 | A | 1 | | 7.1 | 4.6 | |
| Dihydrophylloquinone....µg | 14.5 | 2.551 | 3 | A | 1 | | 6.2 | 4.1 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.061 | | 0 | NC | 4 | | 2.606 | 1.697 | |
| 4:0....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.198 | 0.080 | 3 | A | 1 | | 0.085 | 0.055 | |
| 10:0....g | 0.153 | 0.062 | 3 | A | 1 | | 0.066 | 0.043 | |
| 12:0....g | 1.157 | 0.475 | 3 | A | 1 | | 0.498 | 0.324 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.430 | 0.170 | 3 | A | 1 | | 0.185 | 0.120 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.175 | 0.272 | 3 | A | 1 | | 0.935 | 0.609 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.834 | 0.250 | 3 | A | 1 | | 0.789 | 0.514 | |
| 20:0....g | 0.064 | 0.008 | 3 | A | 1 | | 0.028 | 0.018 | |
| 22:0....g | 0.033 | 0.003 | 3 | A | 1 | | 0.014 | 0.009 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.967 | | 0 | NC | 4 | | 2.996 | 1.951 | |
| 14:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.019 | 0.002 | 3 | A | 1 | | 0.008 | 0.005 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.916 | 0.715 | 3 | A | 1 | | 2.974 | 1.936 | |
| 20:1....g | 0.032 | 0.003 | 3 | A | 1 | | 0.014 | 0.009 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.576 | | 0 | NC | 4 | | 0.677 | 0.441 | |
| 18:2 undifferentiated....g | 1.512 | 0.108 | 3 | A | 1 | | 0.650 | 0.423 | |
| 18:3 undifferentiated....g | 0.064 | | 0 | AS | 1 | | 0.027 | 0.018 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.060 | 0.010 | 3 | A | 1 | | 0.026 | 0.017 | |
| 18:3 n-6 c,c,c....g | 0.004 | 0.004 | 3 | A | 1 | | 0.002 | 0.001 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | NR | 4 | | 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 | | 1 | A | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.058 | | 0 | A | 1 | | 0.025 | 0.016 | |
| Threonine....g | 0.191 | | 0 | A | 1 | | 0.082 | 0.054 | |
| Isoleucine....g | 0.221 | | 0 | A | 1 | | 0.095 | 0.062 | |
| Leucine....g | 0.434 | | 0 | A | 1 | | 0.187 | 0.121 | |
| Lysine....g | 0.214 | | 0 | A | 1 | | 0.092 | 0.060 | |
| Methionine....g | 0.102 | | 0 | A | 1 | | 0.044 | 0.029 | |
| Cystine....g | 0.143 | | 0 | A | 1 | | 0.061 | 0.040 | |
| Phenylalanine....g | 0.293 | | 0 | A | 1 | | 0.126 | 0.082 | |
| Tyrosine....g | 0.188 | | 0 | A | 1 | | 0.081 | 0.053 | |
| Valine....g | 0.305 | | 0 | A | 1 | | 0.131 | 0.085 | |

**NDB No. 19404**
**Snacks, granola bars, soft, uncoated, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Arginine.....g | 0.387 | | 0 | A | 1 | | 0.167 | 0.108 | |
| Histidine.....g | 0.139 | | 0 | A | 1 | | 0.060 | 0.039 | |
| Alanine.....g | 0.262 | | 0 | A | 1 | | 0.113 | 0.073 | |
| Aspartic acid.....g | 0.460 | | 0 | A | 1 | | 0.198 | 0.129 | |
| Glutamic acid.....g | 1.243 | | 0 | A | 1 | | 0.535 | 0.348 | |
| Glycine.....g | 0.270 | | 0 | A | 1 | | 0.116 | 0.075 | |
| Proline.....g | 0.349 | | 0 | A | 1 | | 0.150 | 0.098 | |
| Serine.....g | 0.296 | | 0 | A | 1 | | 0.127 | 0.083 | |
| 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.

**Common Measures:**

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

**Calories Factors: Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19405**

**Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.00 | | 1 | | 1 | | 1.68 | | |
| Energy | kcal | 427 | | 0 | NC | 4 | | 120 | | |
| Energy | kJ | 1787 | | | | 4 | | 500 | | |
| Protein (N x 5.8) | g | 6.10 | | 1 | | 1 | | 1.71 | | |
| Total lipid (fat) | g | 15.50 | | 1 | | 1 | | 4.34 | | |
| Ash | g | 1.60 | | 1 | | 1 | | 0.45 | | |
| Carbohydrate, by difference | g | 70.80 | | 0 | NC | 4 | | 19.82 | | |
| Fiber, total dietary | g | 4.0 | | 0 | | 1 | | 1.1 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 89 | | 1 | | 1 | | 25 | | |
| Iron, Fe | mg | 2.57 | | 1 | | 1 | | 0.72 | | |
| Magnesium, Mg | mg | 71 | | 1 | | 1 | | 20 | | |
| Phosphorus, P | mg | 202 | | 1 | | 1 | | 57 | | |
| Potassium, K | mg | 275 | | 1 | | 1 | | 77 | | |
| Sodium, Na | mg | 316 | | 1 | | 1 | | 88 | | |
| Zinc, Zn | mg | 1.30 | | 1 | | 1 | | 0.36 | | |
| Copper, Cu | mg | 0.280 | | 1 | | 1 | | 0.078 | | |
| Manganese, Mn | mg | 1.280 | | 1 | | 1 | | 0.358 | | |
| Selenium, Se | µg | 15.4 | | 0 | BFZN | 4 | | 4.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.140 | | 1 | | 1 | | 0.039 | | |
| Riboflavin | mg | 0.150 | | 1 | | 1 | | 0.042 | | |
| Niacin | mg | 1.000 | | 1 | | 1 | | 0.280 | | |
| Pantothenic acid | mg | 0.380 | | 1 | | 1 | | 0.106 | | |
| Vitamin B-6 | mg | 0.050 | | 1 | | 1 | | 0.014 | | |
| Folate, total | µg | 21 | | 1 | | 1 | | 6 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 21 | | 1 | | 1 | | 6 | | |
| Folate, DFE | mcg_DFE | 21 | | 0 | NC | 4 | | 6 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 47 | | 1 | | 4 | | 13 | | |
| 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 | 9.180 | | 0 | | 1 | | 2.570 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19405**

**Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.060 | | 1 | | 1 | | 0.017 | | |
| 8:0 g | 0.620 | | 1 | | 1 | | 0.174 | | |
| 10:0 g | 0.490 | | 1 | | 1 | | 0.137 | | |
| 12:0 g | 3.630 | | 1 | | 1 | | 1.016 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.380 | | 1 | | 1 | | 0.386 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.000 | | 1 | | 1 | | 0.560 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.000 | | 1 | | 1 | | 0.280 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.920 | | 0 | | 1 | | 0.818 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.050 | | 1 | | 1 | | 0.014 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.870 | | 1 | | 1 | | 0.804 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.550 | | 0 | | 1 | | 0.714 | | |
| 18:2 undifferentiated g | 2.410 | | 1 | | 1 | | 0.675 | | |
| 18:3 undifferentiated g | 0.130 | | 1 | | 1 | | 0.036 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 1 | | 1 | | 1 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.086 | | 0 | | 1 | | 0.024 | | |
| Threonine g | 0.208 | | 0 | | 1 | | 0.058 | | |
| Isoleucine g | 0.247 | | 0 | | 1 | | 0.069 | | |
| Leucine g | 0.457 | | 0 | | 1 | | 0.128 | | |
| Lysine g | 0.246 | | 0 | | 1 | | 0.069 | | |
| Methionine g | 0.117 | | 0 | | 1 | | 0.033 | | |
| Cystine g | 0.140 | | 0 | | 1 | | 0.039 | | |
| Phenylalanine g | 0.318 | | 0 | | 1 | | 0.089 | | |
| Tyrosine g | 0.212 | | 0 | | 1 | | 0.059 | | |
| Valine g | 0.337 | | 0 | | 1 | | 0.094 | | |
| Arginine g | 0.452 | | 0 | | 1 | | 0.127 | | |
| Histidine g | 0.147 | | 0 | | 1 | | 0.041 | | |
| Alanine g | 0.312 | | 0 | | 1 | | 0.087 | | |
| Aspartic acid g | 0.522 | | 0 | | 1 | | 0.146 | | |
| Glutamic acid g | 1.313 | | 0 | | 1 | | 0.368 | | |
| Glycine g | 0.303 | | 0 | | 1 | | 0.085 | | |
| Proline g | 0.335 | | 0 | | 1 | | 0.094 | | |
| Serine g | 0.274 | | 0 | | 1 | | 0.077 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19405**

**Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow**

**Calories Factors: Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19406**
**Snacks, granola bars, soft, uncoated, nut and raisin**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.10 | | 1 | | 1 | | 1.71 | | |
| Energy | kcal | 454 | | 0 | NC | 4 | | 127 | | |
| Energy | kJ | 1900 | | | | 4 | | 532 | | |
| Protein (N x 5.7) | g | 8.00 | | 1 | | 1 | | 2.24 | | |
| Total lipid (fat) | g | 20.40 | | 1 | | 1 | | 5.71 | | |
| Ash | g | 1.90 | | 1 | | 1 | | 0.53 | | |
| Carbohydrate, by difference | g | 63.60 | | 0 | NC | 4 | | 17.81 | | |
| Fiber, total dietary | g | 5.6 | | 0 | | 1 | | 1.6 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 84 | | 1 | | 1 | | 24 | | |
| Iron, Fe | mg | 2.18 | | 1 | | 1 | | 0.61 | | |
| Magnesium, Mg | mg | 91 | | 1 | | 1 | | 25 | | |
| Phosphorus, P | mg | 241 | | 1 | | 1 | | 67 | | |
| Potassium, K | mg | 392 | | 1 | | 1 | | 110 | | |
| Sodium, Na | mg | 254 | | 1 | | 1 | | 71 | | |
| Zinc, Zn | mg | 1.60 | | 1 | | 1 | | 0.45 | | |
| Copper, Cu | mg | 0.380 | | 1 | | 1 | | 0.106 | | |
| Manganese, Mn | mg | 1.200 | | 1 | | 1 | | 0.336 | | |
| Selenium, Se | µg | 15.4 | | 0 | BFZN | 4 | | 4.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.190 | | 1 | | 1 | | 0.053 | | |
| Riboflavin | mg | 0.190 | | 1 | | 1 | | 0.053 | | |
| Niacin | mg | 2.610 | | 1 | | 1 | | 0.731 | | |
| Pantothenic acid | mg | 0.430 | | 1 | | 1 | | 0.120 | | |
| Vitamin B-6 | mg | 0.120 | | 1 | | 1 | | 0.034 | | |
| Folate, total | µg | 30 | | 1 | | 1 | | 8 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 30 | | 1 | | 1 | | 8 | | |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 8 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.24 | | 1 | | 1 | | 0.07 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 41 | | 1 | | 4 | | 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 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 | 9.540 | | 0 | | 1 | | 2.671 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19406**
**Snacks, granola bars, soft, uncoated, nut and raisin**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.060 | | 1 | | 1 | | 0.017 | | |
| 8:0 g | 0.670 | | 1 | | 1 | | 0.188 | | |
| 10:0 g | 0.530 | | 1 | | 1 | | 0.148 | | |
| 12:0 g | 3.990 | | 1 | | 1 | | 1.117 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.540 | | 1 | | 1 | | 0.431 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.090 | | 1 | | 1 | | 0.585 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.660 | | 1 | | 1 | | 0.185 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 4.220 | | 0 | | 1 | | 1.182 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.040 | | 1 | | 1 | | 0.011 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.140 | | 1 | | 1 | | 1.159 | | |
| 20:1 g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 5.520 | | 0 | | 1 | | 1.546 | | |
| 18:2 undifferentiated g | 5.360 | | 1 | | 1 | | 1.501 | | |
| 18:3 undifferentiated g | 0.170 | | 1 | | 1 | | 0.048 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 1 | | 1 | | 1 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.099 | | 0 | | 1 | | 0.028 | | |
| Threonine g | 0.260 | | 0 | | 1 | | 0.073 | | |
| Isoleucine g | 0.301 | | 0 | | 1 | | 0.084 | | |
| Leucine g | 0.543 | | 0 | | 1 | | 0.152 | | |
| Lysine g | 0.300 | | 0 | | 1 | | 0.084 | | |
| Methionine g | 0.137 | | 0 | | 1 | | 0.038 | | |
| Cystine g | 0.161 | | 0 | | 1 | | 0.045 | | |
| Phenylalanine g | 0.387 | | 0 | | 1 | | 0.108 | | |
| Tyrosine g | 0.259 | | 0 | | 1 | | 0.073 | | |
| Valine g | 0.397 | | 0 | | 1 | | 0.111 | | |
| Arginine g | 0.635 | | 0 | | 1 | | 0.178 | | |
| Histidine g | 0.186 | | 0 | | 1 | | 0.052 | | |
| Alanine g | 0.372 | | 0 | | 1 | | 0.104 | | |
| Aspartic acid g | 0.712 | | 0 | | 1 | | 0.199 | | |
| Glutamic acid g | 1.645 | | 0 | | 1 | | 0.461 | | |
| Glycine g | 0.391 | | 0 | | 1 | | 0.109 | | |
| Proline g | 0.397 | | 0 | | 1 | | 0.111 | | |
| Serine g | 0.345 | | 0 | | 1 | | 0.097 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19406**
**Snacks, granola bars, soft, uncoated, nut and raisin**

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19021**
**Snacks, granola bars, soft, uncoated, peanut butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.30 | | 2 | | 1 | | 2.04 | | |
| Energy | kcal | 426 | | 0 | NC | 4 | | 119 | | |
| Energy | kJ | 1782 | | | | 4 | | 499 | | |
| Protein (N x 5.6) | g | 10.50 | | 2 | | 1 | | 2.94 | | |
| Total lipid (fat) | g | 15.80 | | 2 | | 1 | | 4.42 | | |
| Ash | g | 2.10 | | 2 | | 1 | | 0.59 | | |
| Carbohydrate, by difference | g | 64.40 | | 0 | NC | 4 | | 18.03 | | |
| Fiber, total dietary | g | 4.3 | | 0 | | 1 | | 1.2 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 91 | | 2 | | 1 | | 25 | | |
| Iron, Fe | mg | 2.13 | | 2 | | 1 | | 0.60 | | |
| Magnesium, Mg | mg | 86 | | 1 | | 1 | | 24 | | |
| Phosphorus, P | mg | 250 | | 1 | | 1 | | 70 | | |
| Potassium, K | mg | 291 | | 2 | | 1 | | 81 | | |
| Sodium, Na | mg | 409 | | 2 | | 1 | | 115 | | |
| Zinc, Zn | mg | 1.86 | | 1 | | 1 | | 0.52 | | |
| Copper, Cu | mg | 0.660 | | 1 | | 1 | | 0.185 | | |
| Manganese, Mn | mg | 1.400 | | 1 | | 1 | | 0.392 | | |
| Selenium, Se | µg | 18.9 | | 0 | FLM | 4 | | 5.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.228 | | 2 | | 1 | | 0.064 | | |
| Riboflavin | mg | 0.148 | | 2 | | 1 | | 0.041 | | |
| Niacin | mg | 3.142 | | 2 | | 1 | | 0.880 | | |
| Pantothenic acid | mg | 0.540 | | 1 | | 1 | | 0.151 | | |
| Vitamin B-6 | mg | 0.103 | | 2 | | 1 | | 0.029 | | |
| Folate, total | µg | 32 | | 2 | | 1 | | 9 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 32 | | 2 | | 1 | | 9 | | |
| Folate, DFE | mcg_DFE | 32 | | 0 | NC | 4 | | 9 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.20 | | 1 | | 1 | | 0.06 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 1 | | 0 | NC | 4 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 14 | | 1 | | 4 | | 4 | | |
| 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 | 3.650 | | 0 | | 1 | | 1.022 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19021**
**Snacks, granola bars, soft, uncoated, peanut butter**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.003 | | |
| 8:0 g | 0.150 | | 1 | | 1 | | 0.042 | | |
| 10:0 g | 0.120 | | 1 | | 1 | | 0.034 | | |
| 12:0 g | 0.890 | | 1 | | 1 | | 0.249 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.340 | | 1 | | 1 | | 0.095 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.670 | | 1 | | 1 | | 0.468 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.460 | | 1 | | 1 | | 0.129 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 6.590 | | 0 | | 1 | | 1.845 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.010 | | 1 | | 1 | | 0.003 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.410 | | 1 | | 1 | | 1.795 | | |
| 20:1 g | 0.160 | | 1 | | 1 | | 0.045 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.270 | | 0 | | 1 | | 1.196 | | |
| 18:2 undifferentiated g | 4.220 | | 1 | | 1 | | 1.182 | | |
| 18:3 undifferentiated g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 1 | | 1 | | 0.006 | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 1 | | 1 | | 1 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.110 | | 0 | | 1 | | 0.031 | | |
| Threonine g | 0.350 | | 0 | | 1 | | 0.098 | | |
| Isoleucine g | 0.374 | | 0 | | 1 | | 0.105 | | |
| Leucine g | 0.696 | | 0 | | 1 | | 0.195 | | |
| Lysine g | 0.374 | | 0 | | 1 | | 0.105 | | |
| Methionine g | 0.148 | | 0 | | 1 | | 0.041 | | |
| Cystine g | 0.153 | | 0 | | 1 | | 0.043 | | |
| Phenylalanine g | 0.531 | | 0 | | 1 | | 0.149 | | |
| Tyrosine g | 0.417 | | 0 | | 1 | | 0.117 | | |
| Valine g | 0.466 | | 0 | | 1 | | 0.130 | | |
| Arginine g | 1.107 | | 0 | | 1 | | 0.310 | | |
| Histidine g | 0.256 | | 0 | | 1 | | 0.072 | | |
| Alanine g | 0.441 | | 0 | | 1 | | 0.123 | | |
| Aspartic acid g | 1.158 | | 0 | | 1 | | 0.324 | | |
| Glutamic acid g | 2.121 | | 0 | | 1 | | 0.594 | | |
| Glycine g | 0.584 | | 0 | | 1 | | 0.164 | | |
| Proline g | 0.471 | | 0 | | 1 | | 0.132 | | |
| Serine g | 0.499 | | 0 | | 1 | | 0.140 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19021**
**Snacks, granola bars, soft, uncoated, peanut butter**

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19027**

**Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.90 | | 1 | | 1 | | 1.65 | | |
| Energy | kcal | 432 | | 0 | | 4 | | 121 | | |
| Energy | kJ | 1807 | | | | 4 | | 506 | | |
| Protein (N x 5.6) | g | 9.80 | | 1 | | 1 | | 2.74 | | |
| Total lipid (fat) | g | 20.00 | | 1 | | 1 | | 5.60 | | |
| Ash | g | 2.00 | | 1 | | 1 | | 0.56 | | |
| Carbohydrate, by difference | g | 62.20 | | 0 | NC | 4 | | 17.42 | | |
| Fiber, total dietary | g | 4.2 | | 0 | | 1 | | 1.2 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 80 | | 1 | | 1 | | 22 | | |
| Iron, Fe | mg | 1.94 | | 1 | | 1 | | 0.54 | | |
| Magnesium, Mg | mg | 88 | | 1 | | 1 | | 25 | | |
| Phosphorus, P | mg | 262 | | 1 | | 1 | | 73 | | |
| Potassium, K | mg | 377 | | 1 | | 1 | | 106 | | |
| Sodium, Na | mg | 328 | | 1 | | 1 | | 92 | | |
| Zinc, Zn | mg | 1.70 | | 1 | | 1 | | 0.48 | | |
| Copper, Cu | mg | 0.400 | | 1 | | 1 | | 0.112 | | |
| Manganese, Mn | mg | 1.350 | | 1 | | 1 | | 0.378 | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.120 | | 1 | | 1 | | 0.034 | | |
| Riboflavin | mg | 0.120 | | 1 | | 1 | | 0.034 | | |
| Niacin | mg | 3.150 | | 1 | | 1 | | 0.882 | | |
| Pantothenic acid | mg | 0.530 | | 1 | | 1 | | 0.148 | | |
| Vitamin B-6 | mg | 0.100 | | 1 | | 1 | | 0.028 | | |
| Folate, total | µg | 33 | | 1 | | 1 | | 9 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 33 | | 1 | | 1 | | 9 | | |
| Folate, DFE | mcg_DFE | 33 | | 0 | NC | 4 | | 9 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.45 | | 1 | | 1 | | 0.13 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 1 | | 0 | NC | 4 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 12 | | 1 | | 4 | | 3 | | |
| 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 | 5.590 | | 0 | | 1 | | 1.565 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19027**

**Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.003 | | |
| 8:0 g | 0.100 | | 1 | | 1 | | 0.028 | | |
| 10:0 g | 0.080 | | 1 | | 1 | | 0.022 | | |
| 12:0 g | 0.590 | | 1 | | 1 | | 0.165 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.240 | | 1 | | 1 | | 0.067 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.730 | | 1 | | 1 | | 0.764 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.850 | | 1 | | 1 | | 0.518 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.360 | | 0 | | 1 | | 2.341 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.020 | | 1 | | 1 | | 0.006 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.170 | | 1 | | 1 | | 2.288 | | |
| 20:1 g | 0.180 | | 1 | | 1 | | 0.050 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.610 | | 0 | | 1 | | 1.291 | | |
| 18:2 undifferentiated g | 4.540 | | 1 | | 1 | | 1.271 | | |
| 18:3 undifferentiated g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 1 | | 1 | | 1 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.101 | | 0 | | 1 | | 0.028 | | |
| Threonine g | 0.330 | | 0 | | 1 | | 0.092 | | |
| Isoleucine g | 0.348 | | 0 | | 1 | | 0.097 | | |
| Leucine g | 0.641 | | 0 | | 1 | | 0.179 | | |
| Lysine g | 0.357 | | 0 | | 1 | | 0.100 | | |
| Methionine g | 0.131 | | 0 | | 1 | | 0.037 | | |
| Cystine g | 0.137 | | 0 | | 1 | | 0.038 | | |
| Phenylalanine g | 0.497 | | 0 | | 1 | | 0.139 | | |
| Tyrosine g | 0.389 | | 0 | | 1 | | 0.109 | | |
| Valine g | 0.433 | | 0 | | 1 | | 0.121 | | |
| Arginine g | 1.046 | | 0 | | 1 | | 0.293 | | |
| Histidine g | 0.236 | | 0 | | 1 | | 0.066 | | |
| Alanine g | 0.407 | | 0 | | 1 | | 0.114 | | |
| Aspartic acid g | 1.105 | | 0 | | 1 | | 0.309 | | |
| Glutamic acid g | 1.973 | | 0 | | 1 | | 0.552 | | |
| Glycine g | 0.551 | | 0 | | 1 | | 0.154 | | |
| Proline g | 0.444 | | 0 | | 1 | | 0.124 | | |
| Serine g | 0.469 | | 0 | | 1 | | 0.131 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19027**

**Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip**

**Calories Factors: Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19020**
**Snacks, granola bars, soft, uncoated, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.40 | | 1 | | 1 | | 1.79 | | |
| Energy | kcal | 443 | | 0 | NC | 4 | | 124 | | |
| Energy | kJ | 1854 | | | | 4 | | 519 | | |
| Protein (N x 5.9) | g | 7.40 | | 2 | | 1 | | 2.07 | | |
| Total lipid (fat) | g | 17.20 | | 2 | | 1 | | 4.82 | | |
| Ash | g | 1.70 | | 1 | | 1 | | 0.48 | | |
| Carbohydrate, by difference | g | 67.30 | | 0 | NC | 4 | | 18.84 | | |
| Fiber, total dietary | g | 4.6 | | 0 | | 1 | | 1.3 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 105 | | 1 | | 1 | | 29 | | |
| Iron, Fe | mg | 2.56 | | 2 | | 1 | | 0.72 | | |
| Magnesium, Mg | mg | 74 | | 1 | | 1 | | 21 | | |
| Phosphorus, P | mg | 230 | | 1 | | 1 | | 64 | | |
| Potassium, K | mg | 325 | | 1 | | 1 | | 91 | | |
| Sodium, Na | mg | 278 | | 1 | | 1 | | 78 | | |
| Zinc, Zn | mg | 1.50 | | 1 | | 1 | | 0.42 | | |
| Copper, Cu | mg | 0.270 | | 1 | | 1 | | 0.076 | | |
| Manganese, Mn | mg | 1.530 | | 1 | | 1 | | 0.428 | | |
| Selenium, Se | µg | 16.2 | | 0 | FLM | 4 | | 4.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.295 | | 2 | | 1 | | 0.083 | | |
| Riboflavin | mg | 0.165 | | 2 | | 1 | | 0.046 | | |
| Niacin | mg | 0.515 | | 2 | | 1 | | 0.144 | | |
| Pantothenic acid | mg | 0.520 | | 1 | | 1 | | 0.146 | | |
| Vitamin B-6 | mg | 0.100 | | 1 | | 1 | | 0.028 | | |
| Folate, total | µg | 24 | | 1 | | 1 | | 7 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 24 | | 1 | | 1 | | 7 | | |
| Folate, DFE | mcg_DFE | 24 | | 0 | NC | 4 | | 7 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.39 | | 1 | | 1 | | 0.11 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 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 | 7.240 | | 0 | | 1 | | 2.027 | | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19020**
**Snacks, granola bars, soft, uncoated, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.050 | | 1 | | 1 | | 0.014 | | |
| 8:0 g | 0.460 | | 1 | | 1 | | 0.129 | | |
| 10:0 g | 0.360 | | 1 | | 1 | | 0.101 | | |
| 12:0 g | 2.680 | | 1 | | 1 | | 0.750 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.040 | | 1 | | 1 | | 0.291 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.120 | | 1 | | 1 | | 0.594 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.540 | | 1 | | 1 | | 0.151 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.810 | | 0 | | 1 | | 1.067 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.050 | | 1 | | 1 | | 0.014 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.770 | | 1 | | 1 | | 1.056 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 5.320 | | 0 | | 1 | | 1.490 | | |
| 18:2 undifferentiated g | 5.020 | | 1 | | 1 | | 1.406 | | |
| 18:3 undifferentiated g | 0.300 | | 1 | | 1 | | 0.084 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 1 | | 1 | | 1 | | 0 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.101 | | 0 | | 1 | | 0.028 | | |
| Threonine g | 0.239 | | 0 | | 1 | | 0.067 | | |
| Isoleucine g | 0.293 | | 0 | | 1 | | 0.082 | | |
| Leucine g | 0.536 | | 0 | | 1 | | 0.150 | | |
| Lysine g | 0.292 | | 0 | | 1 | | 0.082 | | |
| Methionine g | 0.128 | | 0 | | 1 | | 0.036 | | |
| Cystine g | 0.163 | | 0 | | 1 | | 0.046 | | |
| Phenylalanine g | 0.381 | | 0 | | 1 | | 0.107 | | |
| Tyrosine g | 0.250 | | 0 | | 1 | | 0.070 | | |
| Valine g | 0.396 | | 0 | | 1 | | 0.111 | | |
| Arginine g | 0.490 | | 0 | | 1 | | 0.137 | | |
| Histidine g | 0.163 | | 0 | | 1 | | 0.046 | | |
| Alanine g | 0.365 | | 0 | | 1 | | 0.102 | | |
| Aspartic acid g | 0.645 | | 0 | | 1 | | 0.181 | | |
| Glutamic acid g | 1.495 | | 0 | | 1 | | 0.419 | | |
| Glycine g | 0.347 | | 0 | | 1 | | 0.097 | | |
| Proline g | 0.601 | | 0 | | 1 | | 0.168 | | |
| Serine g | 0.318 | | 0 | | 1 | | 0.089 | | |
| 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 = 28g: 1 bar (1 oz)

**NDB No. 19020**
**Snacks, granola bars, soft, uncoated, plain**

**Calories Factors: Protein** 3.5 **Fat** 8.6 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19022**
**Snacks, granola bars, soft, uncoated, raisin**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.40 | | 2 | | 1 | | 2.75 | 1.79 | |
| Energy | kcal | 448 | | 0 | NC | 4 | | 193 | 125 | |
| Energy | kJ | 1874 | | | | 4 | | 806 | 525 | |
| Protein (N x 5.8) | g | 7.60 | | 2 | | 1 | | 3.27 | 2.13 | |
| Total lipid (fat) | g | 17.80 | | 2 | | 1 | | 7.65 | 4.98 | |
| Ash | g | 1.80 | | 2 | | 1 | | 0.77 | 0.50 | |
| Carbohydrate, by difference | g | 66.40 | | 0 | NC | 4 | | 28.55 | 18.59 | |
| Fiber, total dietary | g | 4.2 | | 0 | | 1 | | 1.8 | 1.2 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 101 | | 2 | | 1 | | 43 | 28 | |
| Iron, Fe | mg | 2.44 | | 2 | | 1 | | 1.05 | 0.68 | |
| Magnesium, Mg | mg | 72 | | 1 | | 1 | | 31 | 20 | |
| Phosphorus, P | mg | 220 | | 1 | | 1 | | 95 | 62 | |
| Potassium, K | mg | 362 | | 2 | | 1 | | 156 | 101 | |
| Sodium, Na | mg | 282 | | 2 | | 1 | | 121 | 79 | |
| Zinc, Zn | mg | 1.30 | | 1 | | 1 | | 0.56 | 0.36 | |
| Copper, Cu | mg | 0.280 | | 1 | | 1 | | 0.120 | 0.078 | |
| Manganese, Mn | mg | 1.260 | | 1 | | 1 | | 0.542 | 0.353 | |
| Selenium, Se | µg | 15.7 | | 0 | FLM | 4 | | 6.8 | 4.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.231 | | 2 | | 1 | | 0.099 | 0.065 | |
| Riboflavin | mg | 0.163 | | 2 | | 1 | | 0.070 | 0.046 | |
| Niacin | mg | 1.101 | | 2 | | 1 | | 0.473 | 0.308 | |
| Pantothenic acid | mg | 0.480 | | 1 | | 1 | | 0.206 | 0.134 | |
| Vitamin B-6 | mg | 0.103 | | 2 | | 1 | | 0.044 | 0.029 | |
| Folate, total | µg | 21 | | 2 | | 1 | | 9 | 6 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 21 | | 2 | | 1 | | 9 | 6 | |
| Folate, DFE | mcg_DFE | 21 | | 0 | NC | 4 | | 9 | 6 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.18 | | 1 | | 1 | | 0.08 | 0.05 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 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 | | 1 | | 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 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 | 9.570 | | 0 | | 1 | | 4.115 | 2.680 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19022**
**Snacks, granola bars, soft, uncoated, raisin**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.070 | | 1 | | 1 | | 0.030 | 0.020 | |
| 8:0 g | 0.730 | | 1 | | 1 | | 0.314 | 0.204 | |
| 10:0 g | 0.570 | | 1 | | 1 | | 0.245 | 0.160 | |
| 12:0 g | 4.270 | | 1 | | 1 | | 1.836 | 1.196 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.620 | | 1 | | 1 | | 0.697 | 0.454 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.850 | | 1 | | 1 | | 0.796 | 0.518 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.460 | | 1 | | 1 | | 0.198 | 0.129 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.840 | | 0 | | 1 | | 1.221 | 0.795 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.050 | | 1 | | 1 | | 0.022 | 0.014 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.790 | | 1 | | 1 | | 1.200 | 0.781 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.210 | | 0 | | 1 | | 1.380 | 0.899 | |
| 18:2 undifferentiated g | 3.040 | | 1 | | 1 | | 1.307 | 0.851 | |
| 18:3 undifferentiated g | 0.170 | | 1 | | 1 | | 0.073 | 0.048 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 1 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.108 | | 0 | | 1 | | 0.046 | 0.030 | |
| Threonine g | 0.257 | | 0 | | 1 | | 0.111 | 0.072 | |
| Isoleucine g | 0.305 | | 0 | | 1 | | 0.131 | 0.085 | |
| Leucine g | 0.565 | | 0 | | 1 | | 0.243 | 0.158 | |
| Lysine g | 0.301 | | 0 | | 1 | | 0.129 | 0.084 | |
| Methionine g | 0.141 | | 0 | | 1 | | 0.061 | 0.039 | |
| Cystine g | 0.173 | | 0 | | 1 | | 0.074 | 0.048 | |
| Phenylalanine g | 0.394 | | 0 | | 1 | | 0.169 | 0.110 | |
| Tyrosine g | 0.255 | | 0 | | 1 | | 0.110 | 0.071 | |
| Valine g | 0.411 | | 0 | | 1 | | 0.177 | 0.115 | |
| Arginine g | 0.586 | | 0 | | 1 | | 0.252 | 0.164 | |
| Histidine g | 0.183 | | 0 | | 1 | | 0.079 | 0.051 | |
| Alanine g | 0.385 | | 0 | | 1 | | 0.166 | 0.108 | |
| Aspartic acid g | 0.650 | | 0 | | 1 | | 0.280 | 0.182 | |
| Glutamic acid g | 1.646 | | 0 | | 1 | | 0.708 | 0.461 | |
| Glycine g | 0.381 | | 0 | | 1 | | 0.164 | 0.107 | |
| Proline g | 0.414 | | 0 | | 1 | | 0.178 | 0.116 | |
| Serine g | 0.335 | | 0 | | 1 | | 0.144 | 0.094 | |
| 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 = 43g: 1 bar (1.5 oz)

**NDB No. 19022**

**Snacks, granola bars, soft, uncoated, raisin**

Measure 2 = 28g: 1 bar (1 oz)

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 25036**
**Snacks, granola bites, mixed flavors**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.88 | | 0 | FLC | 4 | | 1.58 | | |
| Energy | kcal | 451 | | 0 | NC | 4 | | 90 | | |
| Energy | kJ | 1888 | | 0 | NC | 4 | | 378 | | |
| Protein | g | 7.17 | | 0 | FLC | 4 | | 1.43 | | |
| Total lipid (fat) | g | 17.50 | | 0 | FLC | 4 | | 3.50 | | |
| Ash | g | 1.12 | | 0 | FLC | 4 | | 0.22 | | |
| Carbohydrate, by difference | g | 66.27 | | 0 | FLC | 4 | | 13.25 | | |
| Fiber, total dietary | g | 5.7 | | 0 | FLC | 4 | | 1.1 | | |
| Sugars, total | g | 30.00 | | 0 | FLC | 4 | | 6.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 41 | | 0 | FLC | 4 | | 8 | | |
| Iron, Fe | mg | 1.56 | | 0 | FLC | 4 | | 0.31 | | |
| Magnesium, Mg | mg | 69 | | 0 | FLC | 4 | | 14 | | |
| Phosphorus, P | mg | 216 | | 0 | FLC | 4 | | 43 | | |
| Potassium, K | mg | 285 | | 0 | FLC | 4 | | 57 | | |
| Sodium, Na | mg | 167 | | 0 | O | 4 | | 33 | | |
| Zinc, Zn | mg | 1.92 | | 0 | FLC | 4 | | 0.38 | | |
| Copper, Cu | mg | 0.247 | | 0 | FLC | 4 | | 0.049 | | |
| Manganese, Mn | mg | 1.682 | | 0 | FLC | 4 | | 0.336 | | |
| Selenium, Se | µg | 20.0 | | 0 | FLC | 4 | | 4.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin | mg | 0.199 | | 0 | FLC | 4 | | 0.040 | | |
| Riboflavin | mg | 0.146 | | 0 | FLC | 4 | | 0.029 | | |
| Niacin | mg | 2.318 | | 0 | FLC | 4 | | 0.464 | | |
| Pantothenic acid | mg | 0.450 | | 0 | FLC | 4 | | 0.090 | | |
| Vitamin B-6 | mg | 0.143 | | 0 | FLC | 4 | | 0.029 | | |
| Folate, total | µg | 33 | | 0 | FLC | 4 | | 7 | | |
| Folic acid | µg | 7 | | 0 | FLC | 4 | | 1 | | |
| Folate, food | µg | 26 | | 0 | FLC | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 38 | | 0 | NC | 4 | | 8 | | |
| Choline, total | mg | 31.2 | | 0 | FLC | 4 | | 6.2 | | |
| Betaine | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin B-12 | µg | 0.07 | | 0 | FLC | 4 | | 0.01 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 2 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 3 | | 0 | FLC | 4 | | 1 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 10 | | 0 | NC | 4 | | 2 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 82 | | 0 | FLC | 4 | | 16 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.51 | | 0 | FLC | 4 | | 0.50 | | |
| 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 | NR | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 1 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 9.1 | | 0 | FLC | 4 | | 1.8 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25036**
**Snacks, granola bites, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 9.888 | | 0 | FLC | 4 | | 1.978 | | |
| 4:0....g | 0.007 | | 0 | FLC | 4 | | 0.001 | | |
| 6:0....g | 0.031 | | 0 | FLC | 4 | | 0.006 | | |
| 8:0....g | 0.346 | | 0 | FLC | 4 | | 0.069 | | |
| 10:0....g | 0.257 | | 0 | FLC | 4 | | 0.051 | | |
| 12:0....g | 2.987 | | 0 | FLC | 4 | | 0.597 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.962 | | 0 | FLC | 4 | | 0.192 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.395 | | 0 | FLC | 4 | | 0.879 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.866 | | 0 | FLC | 4 | | 0.173 | | |
| 20:0....g | 0.039 | | 0 | FLC | 4 | | 0.008 | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.194 | | 0 | FLC | 4 | | 0.639 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.019 | | 0 | FLC | 4 | | 0.004 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.173 | | 0 | FLC | 4 | | 0.635 | | |
| 20:1....g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.546 | | 0 | FLC | 4 | | 0.509 | | |
| 18:2 undifferentiated....g | 2.321 | | 0 | FLC | 4 | | 0.464 | | |
| 18:3 undifferentiated....g | 0.226 | | 0 | FLC | 4 | | 0.045 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 18 | | 0 | FLC | 4 | | 4 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.018 | | 0 | FLC | 4 | | 0.004 | | |
| Threonine....g | 0.065 | | 0 | FLC | 4 | | 0.013 | | |
| Isoleucine....g | 0.065 | | 0 | FLC | 4 | | 0.013 | | |
| Leucine....g | 0.115 | | 0 | FLC | 4 | | 0.023 | | |
| Lysine....g | 0.075 | | 0 | FLC | 4 | | 0.015 | | |
| Methionine....g | 0.023 | | 0 | FLC | 4 | | 0.005 | | |
| Cystine....g | 0.022 | | 0 | FLC | 4 | | 0.004 | | |
| Phenylalanine....g | 0.077 | | 0 | FLC | 4 | | 0.015 | | |
| Tyrosine....g | 0.062 | | 0 | FLC | 4 | | 0.012 | | |
| Valine....g | 0.073 | | 0 | FLC | 4 | | 0.015 | | |
| Arginine....g | 0.158 | | 0 | FLC | 4 | | 0.032 | | |
| Histidine....g | 0.039 | | 0 | FLC | 4 | | 0.008 | | |
| Alanine....g | 0.066 | | 0 | FLC | 4 | | 0.013 | | |
| Aspartic acid....g | 0.185 | | 0 | FLC | 4 | | 0.037 | | |
| Glutamic acid....g | 0.326 | | 0 | FLC | 4 | | 0.065 | | |
| Glycine....g | 0.082 | | 0 | FLC | 4 | | 0.016 | | |
| Proline....g | 0.081 | | 0 | FLC | 4 | | 0.016 | | |
| Serine....g | 0.079 | | 0 | FLC | 4 | | 0.016 | | |
| Hydroxyproline....g | | | | | | | | | |
| **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.

**NDB No. 25036**
**Snacks, granola bites, mixed flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 20g: 1 package

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

**Food Group:** 25 Snacks

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

**NDB No. 19031**
**Snacks, oriental mix, rice-based**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.55 | | 0 | A | 1 | | 0.72 | 1.45 | |
| Energy....kcal | 506 | | 0 | NC | 4 | | 143 | 288 | |
| Energy....kJ | 2117 | | 0 | NC | 4 | | 600 | 1207 | |
| Protein (N x 0)....g | 17.31 | | 1 | A | 1 | | 4.91 | 9.87 | |
| Total lipid (fat)....g | 25.58 | | 1 | A | 1 | | 7.25 | 14.58 | |
| Ash....g | 2.94 | | 1 | A | 1 | | 0.83 | 1.68 | |
| Carbohydrate, by difference....g | 51.62 | | 0 | NC | 4 | | 14.63 | 29.42 | |
| Fiber, total dietary....g | 13.2 | | 1 | A | 1 | | 3.7 | 7.5 | |
| Sugars, total....g | 3.00 | | 0 | O | 4 | | 0.85 | 1.71 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 54 | | 1 | A | 1 | | 15 | 31 | |
| Iron, Fe....mg | 2.44 | | 1 | A | 1 | | 0.69 | 1.39 | |
| Magnesium, Mg....mg | 118 | | 1 | A | 1 | | 33 | 67 | |
| Phosphorus, P....mg | 262 | | 1 | A | 1 | | 74 | 149 | |
| Potassium, K....mg | 328 | | 1 | A | 1 | | 93 | 187 | |
| Sodium, Na....mg | 413 | | 1 | A | 1 | | 117 | 235 | |
| Zinc, Zn....mg | 2.66 | | 1 | A | 1 | | 0.75 | 1.52 | |
| Copper, Cu....mg | 0.134 | | 1 | A | 1 | | 0.038 | 0.076 | |
| Manganese, Mn....mg | 1.273 | | 1 | A | 1 | | 0.361 | 0.726 | |
| Selenium, Se....µg | 8.1 | | 0 | FLM | 4 | | 2.3 | 4.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 0 | FLC | 4 | | 0.1 | 0.2 | |
| Thiamin....mg | 0.311 | | 1 | A | 1 | | 0.088 | 0.177 | |
| Riboflavin....mg | 0.141 | | 1 | A | 1 | | 0.040 | 0.080 | |
| Niacin....mg | 3.081 | | 1 | A | 1 | | 0.873 | 1.756 | |
| Pantothenic acid....mg | 0.475 | | 1 | A | 1 | | 0.135 | 0.271 | |
| Vitamin B-6....mg | 0.072 | | 1 | A | 1 | | 0.020 | 0.041 | |
| Folate, total....µg | 38 | | 1 | A | 1 | | 11 | 22 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 38 | | 1 | A | 1 | | 11 | 22 | |
| Folate, DFE....mcg_DFE | 38 | | 0 | NC | 4 | | 11 | 22 | |
| Choline, total....mg | 18.1 | | 0 | FLA | 4 | | 5.1 | 10.3 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 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 | | 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 | 5.60 | | 0 | O | 4 | | 1.59 | 3.19 | |
| 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 | 2.4 | | 0 | O | 4 | | 0.7 | 1.4 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19031**
**Snacks, oriental mix, rice-based**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 3.785 | | 0 | FLC | 4 | | 1.073 | 2.157 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.059 | | 0 | FLC | 4 | | 0.017 | 0.034 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.517 | | 0 | FLC | 4 | | 0.714 | 1.435 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.064 | | 0 | FLC | 4 | | 0.302 | 0.606 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.860 | | 0 | FLC | 4 | | 2.795 | 5.620 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.089 | | 0 | FLC | 4 | | 0.025 | 0.051 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.709 | | 0 | FLC | 4 | | 2.753 | 5.534 | |
| 20:1....g | 0.029 | | 0 | FLC | 4 | | 0.008 | 0.017 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 10.643 | | 0 | FLC | 4 | | 3.017 | 6.067 | |
| 18:2 undifferentiated....g | 10.286 | | 0 | FLC | 4 | | 2.916 | 5.863 | |
| 18:3 undifferentiated....g | 0.317 | | 0 | FLC | 4 | | 0.090 | 0.181 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.001 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Phytosterols....mg | 25 | | 0 | | 1 | | 7 | 14 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.192 | | 0 | | 1 | | 0.054 | 0.109 | |
| Threonine....g | 0.640 | | 0 | | 1 | | 0.181 | 0.365 | |
| Isoleucine....g | 0.675 | | 0 | | 1 | | 0.191 | 0.385 | |
| Leucine....g | 1.240 | | 0 | | 1 | | 0.352 | 0.707 | |
| Lysine....g | 0.681 | | 0 | | 1 | | 0.193 | 0.388 | |
| Methionine....g | 0.247 | | 0 | | 1 | | 0.070 | 0.141 | |
| Cystine....g | 0.254 | | 0 | | 1 | | 0.072 | 0.145 | |
| Phenylalanine....g | 0.972 | | 0 | | 1 | | 0.276 | 0.554 | |
| Tyrosine....g | 0.743 | | 0 | | 1 | | 0.211 | 0.424 | |
| Valine....g | 0.797 | | 0 | | 1 | | 0.226 | 0.454 | |
| Arginine....g | 2.103 | | 0 | | 1 | | 0.596 | 1.199 | |
| Histidine....g | 0.473 | | 0 | | 1 | | 0.134 | 0.270 | |
| Alanine....g | 0.745 | | 0 | | 1 | | 0.211 | 0.425 | |
| Aspartic acid....g | 2.161 | | 0 | | 1 | | 0.613 | 1.232 | |
| Glutamic acid....g | 4.109 | | 0 | | 1 | | 1.165 | 2.342 | |
| Glycine....g | 1.081 | | 0 | | 1 | | 0.306 | 0.616 | |
| Proline....g | 0.945 | | 0 | | 1 | | 0.268 | 0.539 | |
| Serine....g | 0.929 | | 0 | | 1 | | 0.263 | 0.530 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | NR | 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. 19031**
**Snacks, oriental mix, rice-based**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25037**
**Snacks, pita chips, salted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.00 | 0.072 | 6 | A | 1 | | 5.24 | | |
| Energy....kcal | 457 | | 0 | NC | 4 | | 1197 | | |
| Energy....kJ | 1912 | | 0 | NC | 4 | | 5010 | | |
| Protein....g | 11.79 | 0.052 | 6 | A | 1 | | 30.89 | | |
| Total lipid (fat)....g | 15.20 | 0.296 | 6 | A | 1 | | 39.84 | | |
| Ash....g | 2.75 | 0.012 | 6 | A | 1 | | 7.20 | | |
| Carbohydrate, by difference....g | 68.26 | | 0 | NC | 4 | | 178.84 | | |
| Fiber, total dietary....g | 3.8 | 0.102 | 6 | A | 1 | | 10.0 | | |
| Sugars, total....g | 4.76 | 0.072 | 3 | A | 1 | | 12.48 | | |
| Sucrose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose)....g | 0.82 | 0.006 | 3 | A | 1 | | 2.15 | | |
| Fructose....g | 1.35 | 0.014 | 3 | A | 1 | | 3.55 | | |
| Lactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose....g | 2.59 | 0.068 | 3 | A | 1 | | 6.79 | | |
| Galactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch....g | 59.47 | 0.455 | 6 | A | 1 | | 155.80 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | 0.305 | 6 | A | 1 | | 45 | | |
| Iron, Fe....mg | 4.59 | 0.093 | 6 | A | 1 | | 12.04 | | |
| Magnesium, Mg....mg | 37 | 0.325 | 6 | A | 1 | | 98 | | |
| Phosphorus, P....mg | 124 | 0.763 | 6 | A | 1 | | 325 | | |
| Potassium, K....mg | 129 | 1.745 | 6 | A | 1 | | 337 | | |
| Sodium, Na....mg | 854 | 5.366 | 6 | A | 1 | | 2238 | | |
| Zinc, Zn....mg | 0.96 | 0.020 | 6 | A | 1 | | 2.52 | | |
| Copper, Cu....mg | 0.141 | 0.006 | 6 | A | 1 | | 0.370 | | |
| Manganese, Mn....mg | 0.656 | 0.023 | 6 | A | 1 | | 1.720 | | |
| Selenium, Se....µg | 33.1 | 0.379 | 3 | A | 1 | | 86.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin....mg | 0.560 | 0.020 | 3 | A | 1 | | 1.467 | | |
| Riboflavin....mg | 0.307 | 0.009 | 3 | A | 1 | | 0.803 | | |
| Niacin....mg | 7.043 | 0.491 | 3 | A | 1 | | 18.453 | | |
| Pantothenic acid....mg | 0.500 | 0.006 | 3 | A | 1 | | 1.310 | | |
| Vitamin B-6....mg | 0.109 | 0.002 | 3 | A | 1 | | 0.286 | | |
| Folate, total....µg | 135 | | 0 | FLC | 4 | | 354 | | |
| Folic acid....µg | 114 | | 0 | FLC | 4 | | 297 | | |
| Folate, food....µg | 22 | | 0 | FLC | 4 | | 56 | | |
| Folate, DFE....mcg_DFE | 215 | | 0 | NC | 4 | | 562 | | |
| Choline, total....mg | 9.1 | | 0 | FLC | 4 | | 23.8 | | |
| Betaine....mg | 60.9 | | 0 | FLC | 4 | | 159.6 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol....µg | 0 | | 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 | 0 | | 0 | NC | 4 | | 1 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 15 | | 0 | FLC | 4 | | 39 | | |
| Vitamin E (alpha-tocopherol)....mg | 6.93 | | 0 | FLC | 4 | | 18.16 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | 0.06 | | 0 | FLC | 4 | | 0.15 | | |
| Tocopherol, gamma....mg | 0.33 | | 0 | FLC | 4 | | 0.87 | | |
| Tocopherol, delta....mg | 0.02 | | 0 | FLC | 4 | | 0.04 | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25037**
**Snacks, pita chips, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 1.2 | | 0 | FLC | 4 | | 3.1 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.342 | | 0 | NC | 4 | | 3.515 | | |
| 4:0....g | 0.003 | 0.002 | 3 | A | 1 | | 0.008 | | |
| 6:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 8:0....g | 0.001 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 10:0....g | 0.002 | 0.000 | 3 | A | 1 | | 0.005 | | |
| 12:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.007 | 0.001 | 3 | A | 1 | | 0.018 | | |
| 15:0....g | 0.004 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 16:0....g | 0.676 | 0.021 | 3 | A | 1 | | 1.772 | | |
| 17:0....g | 0.006 | 0.000 | 3 | A | 1 | | 0.017 | | |
| 18:0....g | 0.448 | 0.017 | 3 | A | 1 | | 1.174 | | |
| 20:0....g | 0.041 | 0.002 | 3 | A | 1 | | 0.107 | | |
| 22:0....g | 0.111 | 0.004 | 3 | A | 1 | | 0.292 | | |
| 24:0....g | 0.042 | 0.002 | 3 | A | 1 | | 0.110 | | |
| Fatty acids, total monounsaturated....g | 10.842 | | 0 | NC | 4 | | 28.407 | | |
| 14:1....g | 0.002 | 0.000 | 3 | A | 1 | | 0.005 | | |
| 15:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.017 | 0.001 | 3 | AS | 1 | | 0.044 | | |
| 16:1 c....g | 0.017 | 0.001 | 3 | A | 1 | | 0.044 | | |
| 16:1 t....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated....g | 10.768 | 0.307 | 3 | AS | 1 | | 28.211 | | |
| 18:1 c....g | 10.746 | 0.306 | 3 | A | 1 | | 28.153 | | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.022 | 0.002 | 3 | A | 1 | | 0.058 | | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.049 | 0.001 | 3 | A | 1 | | 0.129 | | |
| 22:1 undifferentiated....g | 0.003 | 0.000 | 3 | AS | 1 | | 0.008 | | |
| 22:1 c....g | 0.003 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 22:1 t....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c....g | 0.004 | 0.000 | 3 | A | 1 | | 0.010 | | |
| Fatty acids, total polyunsaturated....g | 2.130 | | 0 | NC | 4 | | 5.580 | | |
| 18:2 undifferentiated....g | 2.024 | 0.136 | 3 | AS | 1 | | 5.302 | | |
| 18:2 n-6 c,c....g | 2.003 | 0.136 | 3 | A | 1 | | 5.247 | | |
| 18:2 CLAs....g | 0.005 | 0.000 | 3 | A | 1 | | 0.013 | | |
| 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 | 0.016 | 0.000 | 3 | A | 1 | | 0.043 | | |
| 18:3 undifferentiated....g | 0.099 | 0.013 | 3 | AS | 1 | | 0.259 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.099 | 0.013 | 3 | A | 1 | | 0.259 | | |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.003 | 0.000 | 3 | A | 1 | | 0.007 | | |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.002 | 0.000 | 3 | A | 1 | | 0.005 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.002 | 0.000 | 3 | A | 1 | | 0.004 | | |
| 22:5 n-3 (DPA)....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |

**NDB No. 25037**
**Snacks, pita chips, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.038 | | 0 | NC | 4 | | 0.100 | | |
| Fatty acids, total trans-monoenoic....g | 0.022 | | 0 | NC | 4 | | 0.058 | | |
| Fatty acids, total trans-polyenoic....g | 0.016 | | 0 | NC | 4 | | 0.043 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 17 | | 0 | FLC | 4 | | 44 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.144 | | 0 | A | 1 | | 0.379 | | |
| Threonine....g | 0.351 | | 0 | A | 1 | | 0.920 | | |
| Isoleucine....g | 0.482 | | 0 | A | 1 | | 1.262 | | |
| Leucine....g | 0.874 | | 0 | A | 1 | | 2.289 | | |
| Lysine....g | 0.181 | | 0 | A | 1 | | 0.474 | | |
| Methionine....g | 0.166 | | 0 | A | 1 | | 0.434 | | |
| Cystine....g | 0.286 | | 0 | A | 1 | | 0.749 | | |
| Phenylalanine....g | 0.642 | | 0 | A | 1 | | 1.683 | | |
| Tyrosine....g | 0.331 | | 0 | A | 1 | | 0.868 | | |
| Valine....g | 0.542 | | 0 | A | 1 | | 1.421 | | |
| Arginine....g | 0.462 | | 0 | A | 1 | | 1.210 | | |
| Histidine....g | 0.261 | | 0 | A | 1 | | 0.684 | | |
| Alanine....g | 0.391 | | 0 | A | 1 | | 1.026 | | |
| Aspartic acid....g | 0.522 | | 0 | A | 1 | | 1.368 | | |
| Glutamic acid....g | 4.609 | | 0 | A | 1 | | 12.074 | | |
| Glycine....g | 0.482 | | 0 | A | 1 | | 1.262 | | |
| Proline....g | 1.576 | | 0 | A | 1 | | 4.130 | | |
| Serine....g | 0.562 | | 0 | A | 1 | | 1.473 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 262g: 1 bag

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

**Food Group:** 25 Snacks

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

**NDB No. 25027**
**Snacks, plantain chips, salted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.09 | 0.350 | 4 | A | 1 | | 0.59 | | |
| Energy | kcal | 531 | | 0 | NC | 4 | | 150 | | |
| Energy | kJ | 2221 | | 0 | NC | 4 | | 630 | | |
| Protein (N x 6.25) | g | 2.28 | 0.054 | 4 | A | 1 | | 0.65 | | |
| Total lipid (fat) | g | 29.59 | 1.337 | 4 | A | 1 | | 8.39 | | |
| Ash | g | 2.19 | 0.275 | 4 | A | 1 | | 0.62 | | |
| Carbohydrate, by difference | g | 63.84 | | 0 | NC | 4 | | 18.10 | | |
| Fiber, total dietary | g | 3.5 | 0.155 | 4 | A | 1 | | 1.0 | | |
| Sugars, total | g | 0.92 | 0.564 | 4 | A | 1 | | 0.26 | | |
| Sucrose | g | 0.92 | 0.564 | 4 | A | 1 | | 0.26 | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | 50.80 | | 1 | A | 1 | | 14.40 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 9 | 0.606 | 4 | A | 1 | | 3 | | |
| Iron, Fe | mg | 0.97 | 0.050 | 4 | A | 1 | | 0.27 | | |
| Magnesium, Mg | mg | 71 | 1.369 | 4 | A | 1 | | 20 | | |
| Phosphorus, P | mg | 78 | 4.140 | 4 | A | 1 | | 22 | | |
| Potassium, K | mg | 786 | 35.594 | 4 | A | 1 | | 223 | | |
| Sodium, Na | mg | 202 | 87.335 | 3 | A | 1 | | 57 | | |
| Zinc, Zn | mg | 0.37 | 0.015 | 4 | A | 1 | | 0.11 | | |
| Copper, Cu | mg | 0.198 | 0.012 | 4 | A | 1 | | 0.056 | | |
| Manganese, Mn | mg | 0.276 | 0.006 | 4 | A | 1 | | 0.078 | | |
| Selenium, Se | µg | 0.4 | | 2 | A | 1 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 32.1 | | 0 | LC | 8 | | 9.1 | | |
| Thiamin | mg | 0.065 | 0.009 | 4 | A | 1 | | 0.018 | | |
| Riboflavin | mg | 0.040 | 0.006 | 4 | A | 1 | | 0.011 | | |
| Niacin | mg | 0.802 | 0.056 | 4 | A | 1 | | 0.227 | | |
| Pantothenic acid | mg | 1.100 | | 2 | A | 1 | | 0.312 | | |
| Vitamin B-6 | mg | 0.460 | 0.007 | 4 | A | 1 | | 0.130 | | |
| Folate, total | µg | 35 | | 1 | A | 1 | | 10 | | |
| Folic acid | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Folate, food | µg | 35 | | 1 | A | 1 | | 10 | | |
| Folate, DFE | mcg_DFE | 35 | | 0 | NC | 4 | | 10 | | |
| Choline, total | mg | 0.0 | | 0 | NR | 4 | | 0.0 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 69 | | 0 | NC | 4 | | 20 | | |
| Retinol | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Carotene, beta | µg | 611 | | 2 | A | 1 | | 173 | | |
| Carotene, alpha | µg | 441 | | 2 | A | 1 | | 125 | | |
| Cryptoxanthin, beta | µg | 0 | | 2 | A | 1 | | 0 | | |
| Vitamin A, IU | IU | 1386 | | 0 | AS | 1 | | 393 | | |
| Lycopene | µg | 36 | | 2 | A | 1 | | 10 | | |
| Lutein + zeaxanthin | µg | 16 | | 2 | A | 1 | | 5 | | |
| Vitamin E (alpha-tocopherol) | mg | 5.04 | 2.254 | 3 | A | 1 | | 1.43 | | |
| Vitamin E, added | mg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.02 | 0.017 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma | mg | 1.81 | 1.090 | 3 | A | 1 | | 0.51 | | |
| Tocopherol, delta | mg | 0.03 | 0.033 | 3 | A | 1 | | 0.01 | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | NR | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 25027**
**Snacks, plantain chips, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 28.6 | | 2 | A | 1 | | 8.1 | | |
| 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 | 8.337 | | 0 | NC | 4 | | 2.364 | | |
| 4:0....g | 0.006 | 0.001 | 4 | A | 1 | | 0.002 | | |
| 6:0....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 8:0....g | 0.019 | 0.005 | 4 | A | 1 | | 0.006 | | |
| 10:0....g | 0.036 | 0.004 | 4 | A | 1 | | 0.010 | | |
| 12:0....g | 0.033 | 0.029 | 4 | A | 1 | | 0.009 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.210 | 0.021 | 4 | A | 1 | | 0.060 | | |
| 15:0....g | 0.009 | 0.002 | 4 | A | 1 | | 0.002 | | |
| 16:0....g | 7.084 | 0.785 | 4 | A | 1 | | 2.008 | | |
| 17:0....g | 0.023 | 0.001 | 4 | A | 1 | | 0.007 | | |
| 18:0....g | 0.781 | 0.088 | 4 | A | 1 | | 0.221 | | |
| 20:0....g | 0.076 | 0.005 | 4 | A | 1 | | 0.021 | | |
| 22:0....g | 0.031 | 0.005 | 4 | A | 1 | | 0.009 | | |
| 24:0....g | 0.027 | 0.003 | 4 | A | 1 | | 0.008 | | |
| Fatty acids, total monounsaturated....g | 5.632 | | 0 | NC | 4 | | 1.597 | | |
| 14:1....g | 0.002 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 15:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.116 | 0.025 | 4 | AS | 1 | | 0.033 | | |
| 16:1 c....g | 0.116 | 0.025 | 4 | A | 1 | | 0.033 | | |
| 16:1 t....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 17:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated....g | 5.473 | 1.142 | 4 | AS | 1 | | 1.552 | | |
| 18:1 c....g | 5.399 | 1.134 | 4 | A | 1 | | 1.531 | | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.073 | 0.012 | 4 | A | 1 | | 0.021 | | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.028 | 0.005 | 4 | A | 1 | | 0.008 | | |
| 22:1 undifferentiated....g | 0.001 | 0.001 | 4 | AS | 1 | | 0.000 | | |
| 22:1 c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:1 t....g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | | |
| 24:1 c....g | 0.013 | 0.004 | 4 | A | 1 | | 0.004 | | |
| Fatty acids, total polyunsaturated....g | 11.739 | | 0 | NC | 4 | | 3.328 | | |
| 18:2 undifferentiated....g | 11.617 | 3.170 | 4 | AS | 1 | | 3.293 | | |
| 18:2 n-6 c,c....g | 11.480 | 3.165 | 4 | A | 1 | | 3.255 | | |
| 18:2 CLAs....g | 0.026 | 0.004 | 4 | 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 | 0.111 | 0.009 | 4 | A | 1 | | 0.031 | | |
| 18:3 undifferentiated....g | 0.078 | 0.004 | 4 | AS | 1 | | 0.022 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.078 | 0.004 | 4 | A | 1 | | 0.022 | | |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.007 | 0.003 | 4 | A | 1 | | 0.002 | | |
| 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 | 4 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.028 | 0.010 | 4 | A | 1 | | 0.008 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.005 | 0.000 | 4 | A | 1 | | 0.001 | | |
| 22:5 n-3 (DPA)....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |

**NDB No. 25027**
**Snacks, plantain chips, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.185 | | 0 | NC | 4 | | 0.052 | | |
| Fatty acids, total trans-monoenoic....g | 0.074 | | 0 | NC | 4 | | 0.021 | | |
| Fatty acids, total trans-polyenoic....g | 0.111 | | 0 | NC | 4 | | 0.031 | | |
| Cholesterol....mg | 0 | | 0 | NR | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | NR | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | NR | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | NR | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19034**
**Snacks, popcorn, air-popped**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 3.32 | 0.305 | 4 | A | 1 | | 0.27 | 0.94 | |
| Energy....kcal | 387 | | 0 | NC | 4 | | 31 | 110 | |
| Energy....kJ | 1620 | | 0 | NC | 4 | | 130 | 459 | |
| Protein (N x 6.25)....g | 12.94 | 0.035 | 4 | A | 1 | | 1.04 | 3.67 | |
| Total lipid (fat)....g | 4.54 | 0.055 | 4 | A | 1 | | 0.36 | 1.29 | |
| Ash....g | 1.42 | 0.100 | 4 | A | 1 | | 0.11 | 0.40 | |
| Carbohydrate, by difference....g | 77.90 | | 0 | NC | 4 | | 6.23 | 22.08 | |
| Fiber, total dietary....g | 14.5 | | 1 | A | 1 | | 1.2 | 4.1 | |
| Sugars, total....g | 0.87 | | 1 | A | 1 | | 0.07 | 0.25 | |
| Sucrose....g | 0.72 | | 1 | A | 1 | | 0.06 | 0.20 | |
| Glucose (dextrose)....g | 0.07 | | 1 | A | 1 | | 0.01 | 0.02 | |
| Fructose....g | 0.07 | | 1 | A | 1 | | 0.01 | 0.02 | |
| 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 | 54.40 | | 1 | A | 1 | | 4.35 | 15.42 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 0.088 | 4 | A | 1 | | 1 | 2 | |
| Iron, Fe....mg | 3.19 | 0.048 | 4 | A | 1 | | 0.26 | 0.90 | |
| Magnesium, Mg....mg | 144 | 2.972 | 4 | A | 1 | | 12 | 41 | |
| Phosphorus, P....mg | 358 | 5.977 | 4 | A | 1 | | 29 | 101 | |
| Potassium, K....mg | 329 | 2.287 | 4 | A | 1 | | 26 | 93 | |
| Sodium, Na....mg | 8 | 0.762 | 4 | A | 1 | | 1 | 2 | |
| Zinc, Zn....mg | 3.08 | 0.024 | 4 | A | 1 | | 0.25 | 0.87 | |
| Copper, Cu....mg | 0.262 | 0.007 | 4 | A | 1 | | 0.021 | 0.074 | |
| Manganese, Mn....mg | 1.113 | 0.003 | 4 | A | 1 | | 0.089 | 0.315 | |
| Selenium, Se....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.104 | 0.011 | 4 | A | 1 | | 0.008 | 0.030 | |
| Riboflavin....mg | 0.083 | 0.005 | 4 | A | 1 | | 0.007 | 0.023 | |
| Niacin....mg | 2.308 | 0.092 | 4 | A | 1 | | 0.185 | 0.654 | |
| Pantothenic acid....mg | 0.510 | | 1 | A | 1 | | 0.041 | 0.145 | |
| Vitamin B-6....mg | 0.157 | | 1 | A | 1 | | 0.013 | 0.045 | |
| Folate, total....µg | 31 | 2.939 | 4 | A | 1 | | 3 | 9 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 31 | | 0 | NR | 4 | | 3 | 9 | |
| Folate, DFE....mcg_DFE | 31 | | 0 | NC | 4 | | 3 | 9 | |
| Choline, total....mg | 21.2 | | 0 | AS | 1 | | 1.7 | 6.0 | |
| Betaine....mg | 0.8 | | 1 | A | 1 | | 0.1 | 0.2 | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | NC | 4 | | 1 | 3 | |
| Retinol....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 89 | | 0 | BNA | 4 | | 7 | 25 | |
| Carotene, alpha....µg | 58 | | 0 | BNA | 4 | | 5 | 16 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 196 | | 1 | | 1 | | 16 | 56 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 1450 | | 0 | BFSN | 4 | | 116 | 411 | |
| Vitamin E (alpha-tocopherol)....mg | 0.29 | | 0 | T | 4 | | 0.02 | 0.08 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 19034**
**Snacks, popcorn, air-popped**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 1.2 | | 0 | O | 4 | | 0.1 | 0.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.570 | | 0 | | 1 | | 0.046 | 0.162 | |
| 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 | | 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 | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 15:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:0....g | 0.592 | | 1 | A | 1 | | 0.047 | 0.168 | |
| 17:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:0....g | 0.084 | | 1 | A | 1 | | 0.007 | 0.024 | |
| 20:0....g | 0.018 | | 1 | A | 1 | | 0.001 | 0.005 | |
| 22:0....g | 0.009 | | 1 | A | 1 | | 0.001 | 0.003 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.100 | | 0 | | 1 | | 0.088 | 0.312 | |
| 14:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.006 | | 1 | A | 1 | | 0.000 | 0.002 | |
| 17:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 1.028 | | 1 | A | 1 | | 0.082 | 0.291 | |
| 20:1....g | 0.015 | | 1 | A | 1 | | 0.001 | 0.004 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.900 | | 0 | | 1 | | 0.152 | 0.539 | |
| 18:2 undifferentiated....g | 2.499 | | 1 | A | 1 | | 0.200 | 0.708 | |
| 18:3 undifferentiated....g | 0.060 | | 1 | A | 1 | | 0.005 | 0.017 | |
| 18:3 n-3 c,c,c (ALA)....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.085 | | 0 | | 1 | | 0.007 | 0.024 | |
| Threonine....g | 0.452 | | 0 | | 1 | | 0.036 | 0.128 | |
| Isoleucine....g | 0.431 | | 0 | | 1 | | 0.034 | 0.122 | |
| Leucine....g | 1.473 | | 0 | | 1 | | 0.118 | 0.418 | |
| Lysine....g | 0.338 | | 0 | | 1 | | 0.027 | 0.096 | |
| Methionine....g | 0.252 | | 0 | | 1 | | 0.020 | 0.071 | |
| Cystine....g | 0.217 | | 0 | | 1 | | 0.017 | 0.062 | |
| Phenylalanine....g | 0.590 | | 0 | | 1 | | 0.047 | 0.167 | |
| Tyrosine....g | 0.488 | | 0 | | 1 | | 0.039 | 0.138 | |
| Valine....g | 0.607 | | 0 | | 1 | | 0.049 | 0.172 | |

**NDB No. 19034**
**Snacks, popcorn, air-popped**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Arginine....g | 0.598 | | 0 | | 1 | | 0.048 | 0.170 | |
| Histidine....g | 0.367 | | 0 | | 1 | | 0.029 | 0.104 | |
| Alanine....g | 0.900 | | 0 | | 1 | | 0.072 | 0.255 | |
| Aspartic acid....g | 0.836 | | 0 | | 1 | | 0.067 | 0.237 | |
| Glutamic acid....g | 2.255 | | 0 | | 1 | | 0.180 | 0.639 | |
| Glycine....g | 0.492 | | 0 | | 1 | | 0.039 | 0.139 | |
| Proline....g | 1.048 | | 0 | | 1 | | 0.084 | 0.297 | |
| Serine....g | 0.571 | | 0 | | 1 | | 0.046 | 0.162 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19806**
**Snacks, popcorn, air-popped, white popcorn**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.10 | 0.289 | 3 | | 1 | | 0.33 | 1.16 | |
| Energy....kcal | 382 | | 0 | NC | 4 | | 31 | 108 | |
| Energy....kJ | 1598 | | | | 4 | | 128 | 453 | |
| Protein (N x 6.25)....g | 12.00 | 0.569 | 3 | | 1 | | 0.96 | 3.40 | |
| Total lipid (fat)....g | 4.20 | 1.185 | 3 | | 1 | | 0.34 | 1.19 | |
| Ash....g | 1.80 | 0.088 | 3 | | 1 | | 0.14 | 0.51 | |
| Carbohydrate, by difference....g | 77.90 | | 0 | NC | 4 | | 6.23 | 22.08 | |
| Fiber, total dietary....g | 15.1 | | 0 | | 4 | | 1.2 | 4.3 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | 1.739 | 3 | | 1 | | 1 | 3 | |
| Iron, Fe....mg | 2.66 | 0.300 | 3 | | 1 | | 0.21 | 0.75 | |
| Magnesium, Mg....mg | 131 | 16.063 | 4 | | 1 | | 10 | 37 | |
| Phosphorus, P....mg | 300 | 49.950 | 3 | | 1 | | 24 | 85 | |
| Potassium, K....mg | 301 | 28.884 | 3 | | 1 | | 24 | 85 | |
| Sodium, Na....mg | 4 | | 2 | | 1 | | 0 | 1 | |
| Zinc, Zn....mg | 3.44 | 0.381 | 3 | | 1 | | 0.28 | 0.98 | |
| Copper, Cu....mg | 0.420 | 0.080 | 3 | | 1 | | 0.034 | 0.119 | |
| Manganese, Mn....mg | 0.943 | 0.092 | 3 | | 1 | | 0.075 | 0.267 | |
| Selenium, Se....µg | 9.9 | | 0 | BFZN | 4 | | 0.8 | 2.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.203 | 0.024 | 4 | | 1 | | 0.016 | 0.058 | |
| Riboflavin....mg | 0.283 | 0.063 | 4 | | 1 | | 0.023 | 0.080 | |
| Niacin....mg | 1.944 | 0.053 | 4 | | 1 | | 0.156 | 0.551 | |
| Pantothenic acid....mg | 0.420 | 0.077 | 5 | | 1 | | 0.034 | 0.119 | |
| Vitamin B-6....mg | 0.245 | 0.039 | 4 | | 1 | | 0.020 | 0.069 | |
| Folate, total....µg | 23 | | 2 | | 1 | | 2 | 7 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 23 | | 2 | | 1 | | 2 | 7 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 2 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 27 | | 0 | | 1 | | 2 | 8 | |
| 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 | 0.570 | | 0 | | 1 | | 0.046 | 0.162 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19806**
**Snacks, popcorn, air-popped, white popcorn**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.500 | | 1 | | 1 | | 0.040 | 0.142 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.070 | | 1 | | 1 | | 0.006 | 0.020 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.100 | | 0 | | 1 | | 0.088 | 0.312 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.100 | | 1 | | 1 | | 0.088 | 0.312 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.900 | | 0 | | 1 | | 0.152 | 0.539 | |
| 18:2 undifferentiated....g | 1.840 | | 1 | | 1 | | 0.147 | 0.522 | |
| 18:3 undifferentiated....g | 0.060 | | 1 | | 1 | | 0.005 | 0.017 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.085 | | 0 | | 1 | | 0.007 | 0.024 | |
| Threonine....g | 0.452 | | 0 | | 1 | | 0.036 | 0.128 | |
| Isoleucine....g | 0.431 | | 0 | | 1 | | 0.034 | 0.122 | |
| Leucine....g | 1.473 | | 0 | | 1 | | 0.118 | 0.418 | |
| Lysine....g | 0.338 | | 0 | | 1 | | 0.027 | 0.096 | |
| Methionine....g | 0.252 | | 0 | | 1 | | 0.020 | 0.071 | |
| Cystine....g | 0.217 | | 0 | | 1 | | 0.017 | 0.062 | |
| Phenylalanine....g | 0.590 | | 0 | | 1 | | 0.047 | 0.167 | |
| Tyrosine....g | 0.488 | | 0 | | 1 | | 0.039 | 0.138 | |
| Valine....g | 0.607 | | 0 | | 1 | | 0.049 | 0.172 | |
| Arginine....g | 0.598 | | 0 | | 1 | | 0.048 | 0.170 | |
| Histidine....g | 0.367 | | 0 | | 1 | | 0.029 | 0.104 | |
| Alanine....g | 0.900 | | 0 | | 1 | | 0.072 | 0.255 | |
| Aspartic acid....g | 0.836 | | 0 | | 1 | | 0.067 | 0.237 | |
| Glutamic acid....g | 2.255 | | 0 | | 1 | | 0.180 | 0.639 | |
| Glycine....g | 0.492 | | 0 | | 1 | | 0.039 | 0.139 | |
| Proline....g | 1.048 | | 0 | | 1 | | 0.084 | 0.297 | |
| Serine....g | 0.571 | | 0 | | 1 | | 0.046 | 0.162 | |
| 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 = 8.0g: 1 cup

**NDB No. 19806**

**Snacks, popcorn, air-popped, white popcorn**

Measure 2 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19036**
**Snacks, popcorn, cakes**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.903 | 4 | | 1 | | 0.50 | 1.00 | |
| Energy....kcal | 384 | | 0 | NC | 4 | | 38 | 77 | |
| Energy....kJ | 1607 | | 0 | | 4 | | 161 | 321 | |
| Protein (N x 6.1)....g | 9.70 | 0.387 | 4 | | 1 | | 0.97 | 1.94 | |
| Total lipid (fat)....g | 3.10 | 0.437 | 4 | | 1 | | 0.31 | 0.62 | |
| Ash....g | 2.00 | 0.263 | 4 | | 1 | | 0.20 | 0.40 | |
| Carbohydrate, by difference....g | 80.10 | | 0 | NC | 4 | | 8.01 | 16.02 | |
| Fiber, total dietary....g | 2.9 | | 0 | | 4 | | 0.3 | 0.6 | |
| Sugars, total....g | 0.72 | | 0 | BFSN | 4 | | 0.07 | 0.14 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | 1.495 | 3 | | 1 | | 1 | 2 | |
| Iron, Fe....mg | 1.87 | 0.333 | 3 | | 1 | | 0.19 | 0.37 | |
| Magnesium, Mg....mg | 159 | | 1 | | 4 | | 16 | 32 | |
| Phosphorus, P....mg | 277 | | 1 | | 4 | | 28 | 55 | |
| Potassium, K....mg | 327 | 28.480 | 3 | | 1 | | 33 | 65 | |
| Sodium, Na....mg | 288 | 55.434 | 4 | | 1 | | 29 | 58 | |
| Zinc, Zn....mg | 3.99 | | 1 | | 4 | | 0.40 | 0.80 | |
| Copper, Cu....mg | 0.569 | | 1 | | 4 | | 0.057 | 0.114 | |
| Manganese, Mn....mg | 0.985 | | 1 | | 4 | | 0.099 | 0.197 | |
| Selenium, Se....µg | 9.9 | | 0 | BFZN | 4 | | 1.0 | 2.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.075 | 0.005 | 3 | | 1 | | 0.008 | 0.015 | |
| Riboflavin....mg | 0.178 | 0.026 | 3 | | 1 | | 0.018 | 0.036 | |
| Niacin....mg | 6.006 | 1.240 | 3 | | 1 | | 0.601 | 1.201 | |
| Pantothenic acid....mg | 0.434 | | 1 | | 4 | | 0.043 | 0.087 | |
| Vitamin B-6....mg | 0.181 | | 1 | | 4 | | 0.018 | 0.036 | |
| Folate, total....µg | 18 | | 1 | | 4 | | 2 | 4 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 18 | | 1 | | 4 | | 2 | 4 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total....mg | 22.4 | | 0 | FLA | 4 | | 2.2 | 4.5 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 33 | | 0 | BNA | 4 | | 3 | 7 | |
| Carotene, alpha....µg | 21 | | 0 | BNA | 4 | | 2 | 4 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 72 | 28.000 | 3 | | 1 | | 7 | 14 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 537 | | 0 | O | 4 | | 54 | 107 | |
| Vitamin E (alpha-tocopherol)....mg | 0.29 | | 0 | BFSN | 4 | | 0.03 | 0.06 | |
| 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 1.1 | | 0 | BFSN | 4 | | 0.1 | 0.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19036**
**Snacks, popcorn, cakes**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.480 | | 0 | | 1 | | 0.048 | 0.096 | |
| 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 | 0.420 | | 1 | | 1 | | 0.042 | 0.084 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.050 | | 1 | | 1 | | 0.005 | 0.010 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.920 | | 0 | | 1 | | 0.092 | 0.184 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.910 | | 1 | | 1 | | 0.091 | 0.182 | |
| 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 | 1.350 | | 0 | | 1 | | 0.135 | 0.270 | |
| 18:2 undifferentiated....g | 1.310 | | 1 | | 1 | | 0.131 | 0.262 | |
| 18:3 undifferentiated....g | 0.040 | | 1 | | 1 | | 0.004 | 0.008 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.091 | | 0 | | 1 | | 0.009 | 0.018 | |
| Threonine....g | 0.363 | | 0 | | 1 | | 0.036 | 0.073 | |
| Isoleucine....g | 0.372 | | 0 | | 1 | | 0.037 | 0.074 | |
| Leucine....g | 1.053 | | 0 | | 1 | | 0.105 | 0.211 | |
| Lysine....g | 0.312 | | 0 | | 1 | | 0.031 | 0.062 | |
| Methionine....g | 0.210 | | 0 | | 1 | | 0.021 | 0.042 | |
| Cystine....g | 0.156 | | 0 | | 1 | | 0.016 | 0.031 | |
| Phenylalanine....g | 0.488 | | 0 | | 1 | | 0.049 | 0.098 | |
| Tyrosine....g | 0.387 | | 0 | | 1 | | 0.039 | 0.077 | |
| Valine....g | 0.523 | | 0 | | 1 | | 0.052 | 0.105 | |
| Arginine....g | 0.581 | | 0 | | 1 | | 0.058 | 0.116 | |
| Histidine....g | 0.280 | | 0 | | 1 | | 0.028 | 0.056 | |
| Alanine....g | 0.671 | | 0 | | 1 | | 0.067 | 0.134 | |
| Aspartic acid....g | 0.767 | | 0 | | 1 | | 0.077 | 0.153 | |
| Glutamic acid....g | 1.890 | | 0 | | 1 | | 0.189 | 0.378 | |
| Glycine....g | 0.431 | | 0 | | 1 | | 0.043 | 0.086 | |
| Proline....g | 0.706 | | 0 | | 1 | | 0.071 | 0.141 | |
| Serine....g | 0.480 | | 0 | | 1 | | 0.048 | 0.096 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |

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

**NDB No. 19036**
**Snacks, popcorn, cakes**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 10.0g: 1 cake

Measure 2 = 20g: 2 cakes

**Calories Factors: Protein** 3 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19038**
**Snacks, popcorn, caramel-coated, with peanuts**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.30 | 0.180 | 12 | | 1 | | 0.94 | 1.88 | |
| Energy | kcal | 400 | | 0 | NC | 4 | | 113 | 228 | |
| Energy | kJ | 1674 | | 0 | | 4 | | 474 | 954 | |
| Protein (N x 5.9) | g | 6.40 | | 2 | | 1 | | 1.81 | 3.65 | |
| Total lipid (fat) | g | 7.80 | 0.709 | 5 | | 1 | | 2.21 | 4.45 | |
| Ash | g | 1.80 | | 1 | | 1 | | 0.51 | 1.03 | |
| Carbohydrate, by difference | g | 80.70 | | 0 | NC | 4 | | 22.88 | 46.00 | |
| Fiber, total dietary | g | 3.8 | | 0 | | 1 | | 1.1 | 2.2 | |
| Sugars, total | g | 45.36 | | 0 | O | 4 | | 12.86 | 25.85 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 66 | 4.461 | 14 | | 1 | | 19 | 38 | |
| Iron, Fe | mg | 3.91 | 0.148 | 14 | | 1 | | 1.11 | 2.23 | |
| Magnesium, Mg | mg | 80 | 3.506 | 14 | | 1 | | 23 | 46 | |
| Phosphorus, P | mg | 127 | 4.885 | 11 | | 1 | | 36 | 72 | |
| Potassium, K | mg | 355 | 12.151 | 15 | | 1 | | 101 | 202 | |
| Sodium, Na | mg | 295 | 10.008 | 15 | | 1 | | 84 | 168 | |
| Zinc, Zn | mg | 1.24 | 0.060 | 14 | | 1 | | 0.35 | 0.71 | |
| Copper, Cu | mg | 0.297 | 0.009 | 12 | | 1 | | 0.084 | 0.169 | |
| Manganese, Mn | mg | 0.764 | 0.026 | 12 | | 1 | | 0.217 | 0.435 | |
| Selenium, Se | µg | 3.9 | | 0 | FLM | 4 | | 1.1 | 2.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.051 | | 1 | | 1 | | 0.014 | 0.029 | |
| Riboflavin | mg | 0.126 | | 1 | | 1 | | 0.036 | 0.072 | |
| Niacin | mg | 1.990 | | 1 | | 1 | | 0.564 | 1.134 | |
| Pantothenic acid | mg | 0.230 | | 1 | | 1 | | 0.065 | 0.131 | |
| Vitamin B-6 | mg | 0.185 | | 1 | | 1 | | 0.052 | 0.105 | |
| Folate, total | µg | 16 | | 1 | | 4 | | 5 | 9 | |
| Folic acid | µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | µg | 16 | | 1 | | 4 | | 5 | 9 | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 5 | 9 | |
| Choline, total | mg | 17.3 | | 0 | FLA | 4 | | 4.9 | 9.8 | |
| 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 | 4 | | 0 | NC | 4 | | 1 | 2 | |
| Retinol | µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Carotene, beta | µg | 35 | | 0 | FLM | 4 | | 10 | 20 | |
| Carotene, alpha | µg | 23 | | 0 | FLM | 4 | | 7 | 13 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 78 | | 0 | NC | 4 | | 22 | 45 | |
| Lycopene | µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 580 | | 0 | FLM | 4 | | 164 | 330 | |
| Vitamin E (alpha-tocopherol) | mg | 0.85 | | 0 | FLM | 4 | | 0.24 | 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 | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 3.9 | | 0 | FLM | 4 | | 1.1 | 2.2 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19038**
**Snacks, popcorn, caramel-coated, with peanuts**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.040 | | 0 | | 1 | | 0.295 | 0.593 | |
| 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 | 0.820 | | 1 | | 1 | | 0.232 | 0.467 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.160 | | 1 | | 1 | | 0.045 | 0.091 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.730 | | 0 | | 1 | | 0.774 | 1.556 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.670 | | 1 | | 1 | | 0.757 | 1.522 | |
| 20:1....g | 0.050 | | 1 | | 1 | | 0.014 | 0.029 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.270 | | 0 | | 1 | | 0.927 | 1.864 | |
| 18:2 undifferentiated....g | 3.210 | | 1 | | 1 | | 0.910 | 1.830 | |
| 18:3 undifferentiated....g | 0.060 | | 1 | | 1 | | 0.017 | 0.034 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.052 | | 0 | | 1 | | 0.015 | 0.030 | |
| Threonine....g | 0.231 | | 0 | | 1 | | 0.065 | 0.132 | |
| Isoleucine....g | 0.227 | | 0 | | 1 | | 0.064 | 0.129 | |
| Leucine....g | 0.641 | | 0 | | 1 | | 0.182 | 0.365 | |
| Lysine....g | 0.199 | | 0 | | 1 | | 0.056 | 0.113 | |
| Methionine....g | 0.112 | | 0 | | 1 | | 0.032 | 0.064 | |
| Cystine....g | 0.103 | | 0 | | 1 | | 0.029 | 0.059 | |
| Phenylalanine....g | 0.320 | | 0 | | 1 | | 0.091 | 0.182 | |
| Tyrosine....g | 0.261 | | 0 | | 1 | | 0.074 | 0.149 | |
| Valine....g | 0.303 | | 0 | | 1 | | 0.086 | 0.173 | |
| Arginine....g | 0.489 | | 0 | | 1 | | 0.139 | 0.279 | |
| Histidine....g | 0.182 | | 0 | | 1 | | 0.052 | 0.104 | |
| Alanine....g | 0.392 | | 0 | | 1 | | 0.111 | 0.223 | |
| Aspartic acid....g | 0.572 | | 0 | | 1 | | 0.162 | 0.326 | |
| Glutamic acid....g | 1.250 | | 0 | | 1 | | 0.354 | 0.713 | |
| Glycine....g | 0.309 | | 0 | | 1 | | 0.088 | 0.176 | |
| Proline....g | 0.452 | | 0 | | 1 | | 0.128 | 0.258 | |
| Serine....g | 0.308 | | 0 | | 1 | | 0.087 | 0.176 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |

Blanks in the 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. 19038**
**Snacks, popcorn, caramel-coated, with peanuts**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 3 **Fat** 8.5 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19039**
**Snacks, popcorn, caramel-coated, without peanuts**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | 0.189 | 5 | | 1 | | 0.79 | | |
| Energy | kcal | 431 | | 0 | NC | 4 | | 122 | | |
| Energy | kJ | 1803 | | 0 | | 4 | | 511 | | |
| Protein (N x 6.2) | g | 3.80 | 0.405 | 5 | | 1 | | 1.08 | | |
| Total lipid (fat) | g | 12.80 | 3.312 | 5 | | 1 | | 3.63 | | |
| Ash | g | 1.50 | 0.201 | 5 | | 1 | | 0.43 | | |
| Carbohydrate, by difference | g | 79.10 | | 0 | NC | 4 | | 22.42 | | |
| Fiber, total dietary | g | 5.2 | | 0 | | 1 | | 1.5 | | |
| Sugars, total | g | 53.19 | | 0 | O | 4 | | 15.08 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 43 | | 2 | | 1 | | 12 | | |
| Iron, Fe | mg | 1.74 | 0.460 | 3 | | 1 | | 0.49 | | |
| Magnesium, Mg | mg | 35 | | 1 | | 1 | | 10 | | |
| Phosphorus, P | mg | 83 | | 1 | | 1 | | 24 | | |
| Potassium, K | mg | 109 | | 1 | | 1 | | 31 | | |
| Sodium, Na | mg | 206 | | 2 | | 1 | | 58 | | |
| Zinc, Zn | mg | 0.58 | | 1 | | 1 | | 0.16 | | |
| Copper, Cu | mg | 0.119 | | 1 | | 1 | | 0.034 | | |
| Manganese, Mn | mg | 0.220 | | 1 | | 1 | | 0.062 | | |
| Selenium, Se | µg | 3.6 | | 0 | FLM | 4 | | 1.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.065 | | 1 | | 1 | | 0.018 | | |
| Riboflavin | mg | 0.070 | | 1 | | 1 | | 0.020 | | |
| Niacin | mg | 2.200 | | 1 | | 1 | | 0.624 | | |
| Pantothenic acid | mg | 0.082 | | 1 | | 4 | | 0.023 | | |
| Vitamin B-6 | mg | 0.028 | | 1 | | 4 | | 0.008 | | |
| Folate, total | µg | 5 | | 0 | FLM | 4 | | 2 | | |
| Folic acid | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Folate, food | µg | 5 | | 0 | FLM | 4 | | 2 | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 2 | | |
| Choline, total | mg | 23.5 | | 0 | FLA | 4 | | 6.7 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.01 | | 1 | | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 2 | | 0 | FLM | 4 | | 1 | | |
| Carotene, beta | µg | 1 | | 0 | FLM | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Vitamin A, IU | IU | 8 | | 0 | NC | 4 | | 2 | | |
| Lycopene | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.20 | | 0 | FLM | 4 | | 0.34 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 12.5 | | 0 | FLM | 4 | | 3.5 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19039**
**Snacks, popcorn, caramel-coated, without peanuts**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 3.610 | | 0 | | 1 | | 1.023 | | |
| 4:0....g | 0.110 | | 1 | | 1 | | 0.031 | | |
| 6:0....g | 0.070 | | 1 | | 1 | | 0.020 | | |
| 8:0....g | 0.040 | | 1 | | 1 | | 0.011 | | |
| 10:0....g | 0.090 | | 1 | | 1 | | 0.026 | | |
| 12:0....g | 0.100 | | 1 | | 1 | | 0.028 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.370 | | 1 | | 1 | | 0.105 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.120 | | 1 | | 1 | | 0.601 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.720 | | 1 | | 1 | | 0.204 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.880 | | 0 | | 1 | | 0.816 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.100 | | 1 | | 1 | | 0.028 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.780 | | 1 | | 1 | | 0.788 | | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 4.480 | | 0 | | 1 | | 1.270 | | |
| 18:2 undifferentiated....g | 4.070 | | 1 | | 1 | | 1.154 | | |
| 18:3 undifferentiated....g | 0.400 | | 1 | | 1 | | 0.113 | | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Cholesterol....mg | 5 | | 1 | | 4 | | 1 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.045 | | 0 | | 1 | | 0.013 | | |
| Threonine....g | 0.151 | | 0 | | 1 | | 0.043 | | |
| Isoleucine....g | 0.157 | | 0 | | 1 | | 0.045 | | |
| Leucine....g | 0.284 | | 0 | | 1 | | 0.081 | | |
| Lysine....g | 0.281 | | 0 | | 1 | | 0.080 | | |
| Methionine....g | 0.073 | | 0 | | 1 | | 0.021 | | |
| Cystine....g | 0.039 | | 0 | | 1 | | 0.011 | | |
| Phenylalanine....g | 0.154 | | 0 | | 1 | | 0.044 | | |
| Tyrosine....g | 0.109 | | 0 | | 1 | | 0.031 | | |
| Valine....g | 0.177 | | 0 | | 1 | | 0.050 | | |
| Arginine....g | 0.235 | | 0 | | 1 | | 0.067 | | |
| Histidine....g | 0.109 | | 0 | | 1 | | 0.031 | | |
| Alanine....g | 0.208 | | 0 | | 1 | | 0.059 | | |
| Aspartic acid....g | 0.389 | | 0 | | 1 | | 0.110 | | |
| Glutamic acid....g | 0.658 | | 0 | | 1 | | 0.187 | | |
| Glycine....g | 0.224 | | 0 | | 1 | | 0.064 | | |
| Proline....g | 0.171 | | 0 | | 1 | | 0.048 | | |
| Serine....g | 0.156 | | 0 | | 1 | | 0.044 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLM | 4 | | 0 | | |

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

**NDB No. 19039**
**Snacks, popcorn, caramel-coated, without peanuts**

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

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

**Common Measures:**
Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 2.7 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19040**
**Snacks, popcorn, cheese-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 | 2.50 | 0.210 | 13 | | 1 | | 0.28 | 0.71 | |
| Energy....kcal | 526 | | 0 | NC | 4 | | 58 | 149 | |
| Energy....kJ | 2201 | | 0 | | 4 | | 242 | 624 | |
| Protein (N x 6.3)....g | 9.30 | 0.292 | 10 | | 1 | | 1.02 | 2.64 | |
| Total lipid (fat)....g | 33.20 | 0.903 | 12 | | 1 | | 3.65 | 9.41 | |
| Ash....g | 3.40 | 0.194 | 8 | | 1 | | 0.37 | 0.96 | |
| Carbohydrate, by difference....g | 51.60 | | 0 | NC | 4 | | 5.68 | 14.63 | |
| Fiber, total dietary....g | 9.9 | | 0 | | 1 | | 1.1 | 2.8 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 113 | 11.074 | 11 | | 1 | | 12 | 32 | |
| Iron, Fe....mg | 2.24 | 0.181 | 10 | | 1 | | 0.25 | 0.64 | |
| Magnesium, Mg....mg | 91 | 5.826 | 6 | | 1 | | 10 | 26 | |
| Phosphorus, P....mg | 361 | 36.838 | 6 | | 1 | | 40 | 102 | |
| Potassium, K....mg | 261 | 23.823 | 8 | | 1 | | 29 | 74 | |
| Sodium, Na....mg | 889 | 73.308 | 10 | | 1 | | 98 | 252 | |
| Zinc, Zn....mg | 2.01 | 0.136 | 6 | | 1 | | 0.22 | 0.57 | |
| Copper, Cu....mg | 0.140 | 0.024 | 4 | | 1 | | 0.015 | 0.040 | |
| Manganese, Mn....mg | 0.713 | 0.031 | 5 | | 1 | | 0.078 | 0.202 | |
| Selenium, Se....µg | 12.0 | | 0 | FLM | 4 | | 1.3 | 3.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.5 | 0.496 | 3 | | 1 | | 0.1 | 0.1 | |
| Thiamin....mg | 0.124 | 0.034 | 8 | | 1 | | 0.014 | 0.035 | |
| Riboflavin....mg | 0.241 | 0.022 | 7 | | 1 | | 0.027 | 0.068 | |
| Niacin....mg | 1.453 | 0.074 | 8 | | 1 | | 0.160 | 0.412 | |
| Pantothenic acid....mg | 0.461 | 0.011 | 3 | | 1 | | 0.051 | 0.131 | |
| Vitamin B-6....mg | 0.235 | 0.014 | 3 | | 1 | | 0.026 | 0.067 | |
| Folate, total....µg | 11 | | 1 | | 4 | | 1 | 3 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 11 | | 1 | | 4 | | 1 | 3 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 1 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.53 | | 1 | | 4 | | 0.06 | 0.15 | |
| Vitamin A, RAE....mcg_RAE | 38 | | 0 | NC | 4 | | 4 | 11 | |
| Retinol....µg | 30 | | 0 | NC | 4 | | 3 | 9 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 244 | 53.167 | 3 | | 1 | | 27 | 69 | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | AS | 1 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.410 | | 0 | | 1 | | 0.705 | 1.817 | |
| 4:0....g | 0.030 | | 1 | | 1 | | 0.003 | 0.009 | |

**NDB No. 19040**
**Snacks, popcorn, cheese-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.020 | | 1 | | 1 | | 0.002 | 0.006 | |
| 8:0 g | 0.010 | | 1 | | 1 | | 0.001 | 0.003 | |
| 10:0 g | 0.030 | | 1 | | 1 | | 0.003 | 0.009 | |
| 12:0 g | 0.020 | | 1 | | 1 | | 0.002 | 0.006 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.220 | | 1 | | 1 | | 0.024 | 0.062 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.800 | | 1 | | 1 | | 0.528 | 1.361 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.280 | | 1 | | 1 | | 0.141 | 0.363 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 9.700 | | 0 | | 1 | | 1.067 | 2.750 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.100 | | 1 | | 1 | | 0.011 | 0.028 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 9.600 | | 1 | | 1 | | 1.056 | 2.722 | |
| 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 | 15.370 | | 0 | | 1 | | 1.691 | 4.357 | |
| 18:2 undifferentiated g | 14.500 | | 1 | | 1 | | 1.595 | 4.111 | |
| 18:3 undifferentiated g | 0.880 | | 1 | | 1 | | 0.097 | 0.249 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA) g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA) g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA) g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 11 | 2.722 | 5 | | 1 | | 1 | 3 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.094 | | 0 | | 1 | | 0.010 | 0.027 | |
| Threonine g | 0.417 | | 0 | | 1 | | 0.046 | 0.118 | |
| Isoleucine g | 0.402 | | 0 | | 1 | | 0.044 | 0.114 | |
| Leucine g | 1.024 | | 0 | | 1 | | 0.113 | 0.290 | |
| Lysine g | 0.443 | | 0 | | 1 | | 0.049 | 0.126 | |
| Methionine g | 0.191 | | 0 | | 1 | | 0.021 | 0.054 | |
| Cystine g | 0.160 | | 0 | | 1 | | 0.018 | 0.045 | |
| Phenylalanine g | 0.405 | | 0 | | 1 | | 0.045 | 0.115 | |
| Tyrosine g | 0.349 | | 0 | | 1 | | 0.038 | 0.099 | |
| Valine g | 0.489 | | 0 | | 1 | | 0.054 | 0.139 | |
| Arginine g | 0.391 | | 0 | | 1 | | 0.043 | 0.111 | |
| Histidine g | 0.252 | | 0 | | 1 | | 0.028 | 0.071 | |
| Alanine g | 0.580 | | 0 | | 1 | | 0.064 | 0.164 | |
| Aspartic acid g | 0.718 | | 0 | | 1 | | 0.079 | 0.204 | |
| Glutamic acid g | 1.729 | | 0 | | 1 | | 0.190 | 0.490 | |
| Glycine g | 0.308 | | 0 | | 1 | | 0.034 | 0.087 | |
| Proline g | 0.743 | | 0 | | 1 | | 0.082 | 0.211 | |
| Serine g | 0.446 | | 0 | | 1 | | 0.049 | 0.126 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | | | | | | | | | |
| Theobromine mg | | | | | | | | | |

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

**NDB No. 19040**
**Snacks, popcorn, cheese-flavor**

**Common Measures:**

Measure 1 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 42259**
**Snacks, popcorn, home-prepared, oil-popped, unsalted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | | 0 | | 4 | | 0.22 | 0.79 | |
| Energy | kcal | 500 | | 0 | | 4 | | 40 | 142 | |
| Energy | kJ | 2092 | | 0 | | 4 | | 167 | 593 | |
| Protein | g | 9.00 | | 0 | | 4 | | 0.72 | 2.55 | |
| Total lipid (fat) | g | 28.10 | | 0 | | 4 | | 2.25 | 7.97 | |
| Ash | g | 2.00 | | 0 | O | 4 | | 0.16 | 0.57 | |
| Carbohydrate, by difference | g | 58.10 | | 0 | NC | 4 | | 4.65 | 16.47 | |
| Fiber, total dietary | g | 10.0 | | 0 | | 4 | | 0.8 | 2.8 | |
| Sugars, total | g | 0.54 | | 0 | O | 4 | | 0.04 | 0.15 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 10 | | 0 | | 4 | | 1 | 3 | |
| Iron, Fe | mg | 2.78 | | 0 | | 4 | | 0.22 | 0.79 | |
| Magnesium, Mg | mg | 108 | | 0 | | 4 | | 9 | 31 | |
| Phosphorus, P | mg | 250 | | 0 | | 4 | | 20 | 71 | |
| Potassium, K | mg | 225 | | 0 | | 4 | | 18 | 64 | |
| Sodium, Na | mg | 3 | | 0 | | 4 | | 0 | 1 | |
| Zinc, Zn | mg | 2.64 | | 0 | | 4 | | 0.21 | 0.75 | |
| Copper, Cu | mg | 0.221 | | 0 | | 4 | | 0.018 | 0.063 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 7.3 | | 0 | BFZN | 4 | | 0.6 | 2.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | | 4 | | 0.0 | 0.1 | |
| Thiamin | mg | 0.130 | | 0 | | 4 | | 0.010 | 0.037 | |
| Riboflavin | mg | 0.140 | | 0 | | 4 | | 0.011 | 0.040 | |
| Niacin | mg | 1.550 | | 0 | | 4 | | 0.124 | 0.439 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.210 | | 0 | | 4 | | 0.017 | 0.060 | |
| Folate, total | µg | 17 | | 0 | | 4 | | 1 | 5 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 17 | | 0 | | 4 | | 1 | 5 | |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 1 | 5 | |
| Choline, total | mg | 16.0 | | 0 | NR | 4 | | 1.3 | 4.5 | |
| 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 | 8 | | 0 | NC | 4 | | 1 | 2 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | 70 | | 0 | O | 4 | | 6 | 20 | |
| Carotene, alpha | µg | 46 | | 0 | O | 4 | | 4 | 13 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 155 | | 0 | NC | 4 | | 12 | 44 | |
| Lycopene | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 1087 | | 0 | O | 4 | | 87 | 308 | |
| Vitamin E (alpha-tocopherol) | mg | 2.43 | | 0 | O | 4 | | 0.19 | 0.69 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | 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 | 4.3 | | 0 | O | 4 | | 0.3 | 1.2 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 42259**

**Snacks, popcorn, home-prepared, oil-popped, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 5.050 | | 0 | NC | 4 | | 0.404 | 1.432 | |
| 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 | 0.080 | | 0 | | 4 | | 0.006 | 0.023 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.930 | | 0 | | 4 | | 0.314 | 1.114 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.040 | | 0 | | 4 | | 0.083 | 0.295 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.290 | | 0 | NC | 4 | | 0.663 | 2.350 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.060 | | 0 | | 4 | | 0.005 | 0.017 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.230 | | 0 | | 4 | | 0.658 | 2.333 | |
| 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 | 13.520 | | 0 | NC | 4 | | 1.082 | 3.833 | |
| 18:2 undifferentiated....g | 12.730 | | 0 | | 4 | | 1.018 | 3.609 | |
| 18:3 undifferentiated....g | 0.790 | | 0 | | 4 | | 0.063 | 0.224 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 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 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25000**
**Snacks, popcorn, microwave, 94% 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 | 4.22 | 0.153 | 8 | A | 1 | | 1.20 | | |
| Energy | kcal | 402 | | 0 | NC | 4 | | 114 | | |
| Energy | kJ | 1682 | | 0 | NC | 4 | | 477 | | |
| Protein | g | 10.72 | 0.361 | 8 | A | 1 | | 3.04 | | |
| Total lipid (fat) | g | 6.10 | 0.113 | 7 | A | 1 | | 1.73 | | |
| Ash | g | 2.91 | 0.066 | 8 | A | 1 | | 0.83 | | |
| Carbohydrate, by difference | g | 76.04 | | 0 | NC | 4 | | 21.56 | | |
| Fiber, total dietary | g | 13.6 | 0.890 | 4 | A | 1 | | 3.9 | | |
| Sugars, total | g | 0.65 | 0.041 | 8 | A | 1 | | 0.18 | | |
| Sucrose | g | 0.65 | 0.041 | 8 | A | 1 | | 0.18 | | |
| Glucose (dextrose) | g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | | |
| Fructose | g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | | |
| Lactose | g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | | |
| Maltose | g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | | |
| Galactose | g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | | |
| Starch | g | 59.75 | 0.643 | 8 | A | 1 | | 16.94 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 14 | 0.994 | 8 | A | 1 | | 4 | | |
| Iron, Fe | mg | 2.87 | 0.155 | 8 | A | 1 | | 0.81 | | |
| Magnesium, Mg | mg | 124 | 12.835 | 8 | A | 1 | | 35 | | |
| Phosphorus, P | mg | 304 | 24.592 | 8 | A | 1 | | 86 | | |
| Potassium, K | mg | 284 | 19.372 | 8 | A | 1 | | 80 | | |
| Sodium, Na | mg | 627 | 27.142 | 8 | A | 1 | | 178 | | |
| Zinc, Zn | mg | 2.80 | 0.097 | 6 | A | 1 | | 0.79 | | |
| Copper, Cu | mg | 0.262 | 0.029 | 8 | A | 1 | | 0.074 | | |
| Manganese, Mn | mg | 1.085 | 0.058 | 8 | A | 1 | | 0.308 | | |
| Selenium, Se | µg | 6.9 | 2.206 | 8 | A | 1 | | 2.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | | |
| Thiamin | mg | 0.070 | 0.027 | 4 | A | 1 | | 0.020 | | |
| Riboflavin | mg | 0.151 | 0.007 | 8 | A | 1 | | 0.043 | | |
| Niacin | mg | 2.099 | 0.088 | 8 | A | 1 | | 0.595 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.210 | 0.003 | 8 | A | 1 | | 0.060 | | |
| Folate, total | µg | 18 | 2.097 | 4 | A | 1 | | 5 | | |
| Folic acid | µg | 0 | 0.000 | 4 | A | 1 | | 0 | | |
| Folate, food | µg | 18 | | 0 | AS | 1 | | 5 | | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 5 | | |
| Choline, total | mg | 13.0 | | 0 | AS | 1 | | 3.7 | | |
| Betaine | mg | 0.3 | | 1 | A | 1 | | 0.1 | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 13 | | 0 | AS | 1 | | 4 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 75 | | 2 | A | 1 | | 21 | | |
| Carotene, alpha | µg | 7 | | 2 | A | 1 | | 2 | | |
| Cryptoxanthin, beta | µg | 160 | | 2 | A | 1 | | 45 | | |
| Vitamin A, IU | IU | 264 | | 0 | AS | 1 | | 75 | | |
| Lycopene | µg | 0 | | 2 | A | 1 | | 0 | | |
| Lutein + zeaxanthin | µg | 1259 | | 2 | A | 1 | | 357 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.41 | 0.047 | 8 | A | 1 | | 0.12 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | 0.02 | 0.004 | 8 | A | 1 | | 0.01 | | |
| Tocopherol, gamma | mg | 4.26 | 0.422 | 8 | A | 1 | | 1.21 | | |
| Tocopherol, delta | mg | 0.90 | 0.141 | 8 | A | 1 | | 0.26 | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 25000**
**Snacks, popcorn, microwave, 94% 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 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone).....µg | 1.1 | 0.618 | 4 | A | 1 | | 0.3 | | |
| Dihydrophylloquinone.....µg | 8.5 | 3.350 | 4 | A | 1 | | 2.4 | | |
| Menaquinone-4.....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.184 | | 0 | NC | 4 | | 0.336 | | |
| 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 | 0.002 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.008 | 0.002 | 4 | A | 1 | | 0.002 | | |
| 15:0.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | | |
| 16:0.....g | 0.738 | 0.095 | 4 | A | 1 | | 0.209 | | |
| 17:0.....g | 0.006 | 0.001 | 4 | A | 1 | | 0.002 | | |
| 18:0.....g | 0.380 | 0.100 | 4 | A | 1 | | 0.108 | | |
| 20:0.....g | 0.024 | 0.004 | 4 | A | 1 | | 0.007 | | |
| 22:0.....g | 0.015 | 0.002 | 4 | A | 1 | | 0.004 | | |
| 24:0.....g | 0.010 | 0.001 | 4 | A | 1 | | 0.003 | | |
| Fatty acids, total monounsaturated.....g | 2.767 | | 0 | NC | 4 | | 0.784 | | |
| 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 | 0.006 | 0.000 | 4 | AS | 1 | | 0.002 | | |
| 16:1 c.....g | 0.006 | 0.000 | 4 | A | 1 | | 0.002 | | |
| 16:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.002 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated.....g | 2.746 | 0.370 | 4 | AS | 1 | | 0.779 | | |
| 18:1 c.....g | 1.930 | 0.223 | 4 | A | 1 | | 0.547 | | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.817 | 0.177 | 4 | A | 1 | | 0.232 | | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.012 | 0.002 | 4 | A | 1 | | 0.003 | | |
| 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 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 2.216 | | 0 | NC | 4 | | 0.628 | | |
| 18:2 undifferentiated.....g | 2.161 | 0.287 | 4 | AS | 1 | | 0.613 | | |
| 18:2 n-6 c,c.....g | 2.093 | 0.282 | 4 | A | 1 | | 0.593 | | |
| 18:2 CLAs.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:2 c,t.....g | | | | | | | | | |
| 18:2 t,c.....g | | | | | | | | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.068 | 0.012 | 4 | A | 1 | | 0.019 | | |
| 18:3 undifferentiated.....g | 0.055 | 0.004 | 4 | AS | 1 | | 0.016 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.055 | 0.004 | 4 | A | 1 | | 0.016 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 4 | 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 | 4 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |

**NDB No. 25000**
**Snacks, popcorn, microwave, 94% 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 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total trans....g | 0.885 | | 0 | NC | 4 | | 0.251 | | |
| Fatty acids, total trans-monoenoic....g | 0.817 | | 0 | NC | 4 | | 0.232 | | |
| Fatty acids, total trans-polyenoic....g | 0.068 | | 0 | NC | 4 | | 0.019 | | |
| Cholesterol....mg | 0 | | 0 | | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.077 | | 0 | A | 1 | | 0.022 | | |
| Threonine....g | 0.372 | | 0 | A | 1 | | 0.105 | | |
| Isoleucine....g | 0.388 | | 0 | A | 1 | | 0.110 | | |
| Leucine....g | 1.480 | | 0 | A | 1 | | 0.420 | | |
| Lysine....g | 0.349 | | 0 | A | 1 | | 0.099 | | |
| Methionine....g | 0.199 | | 0 | A | 1 | | 0.056 | | |
| Cystine....g | 0.184 | | 0 | A | 1 | | 0.052 | | |
| Phenylalanine....g | 0.529 | | 0 | A | 1 | | 0.150 | | |
| Tyrosine....g | 0.404 | | 0 | A | 1 | | 0.115 | | |
| Valine....g | 0.520 | | 0 | A | 1 | | 0.147 | | |
| Arginine....g | 0.307 | | 0 | A | 1 | | 0.087 | | |
| Histidine....g | 0.241 | | 0 | A | 1 | | 0.068 | | |
| Alanine....g | 0.800 | | 0 | A | 1 | | 0.227 | | |
| Aspartic acid....g | 0.804 | | 0 | A | 1 | | 0.228 | | |
| Glutamic acid....g | 2.117 | | 0 | A | 1 | | 0.600 | | |
| Glycine....g | 0.338 | | 0 | A | 1 | | 0.096 | | |
| Proline....g | 0.749 | | 0 | A | 1 | | 0.212 | | |
| Serine....g | 0.500 | | 0 | A | 1 | | 0.142 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25001**
**Snacks, popcorn, microwave, low fat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | | 0 | | 1 | | 0.79 | | |
| Energy | kcal | 424 | | 0 | NC | 4 | | 120 | | |
| Energy | kJ | 1774 | | 0 | NC | 4 | | 503 | | |
| Protein | g | 12.60 | | 0 | | 1 | | 3.57 | | |
| Total lipid (fat) | g | 9.50 | | 0 | | 1 | | 2.69 | | |
| Ash | g | 3.10 | | 0 | O | 4 | | 0.88 | | |
| Carbohydrate, by difference | g | 72.00 | | 0 | NC | 4 | | 20.41 | | |
| Fiber, total dietary | g | 14.2 | | 0 | | 4 | | 4.0 | | |
| Sugars, total | g | 0.92 | | 0 | BFFN | 4 | | 0.26 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 0 | | 4 | | 3 | | |
| Iron, Fe | mg | 2.28 | | 0 | | 1 | | 0.65 | | |
| Magnesium, Mg | mg | 151 | | 0 | | 4 | | 43 | | |
| Phosphorus, P | mg | 264 | | 0 | | 4 | | 75 | | |
| Potassium, K | mg | 241 | | 0 | | 4 | | 68 | | |
| Sodium, Na | mg | 884 | | 0 | | 1 | | 251 | | |
| Zinc, Zn | mg | 3.83 | | 0 | | 4 | | 1.09 | | |
| Copper, Cu | mg | 0.545 | | 0 | | 4 | | 0.155 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 8.6 | | 0 | CAZN | 4 | | 2.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 7 | | 0.0 | | |
| Thiamin | mg | 0.350 | | 0 | | 4 | | 0.099 | | |
| Riboflavin | mg | 0.110 | | 0 | | 4 | | 0.031 | | |
| Niacin | mg | 2.070 | | 0 | | 4 | | 0.587 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.170 | | 0 | | 4 | | 0.048 | | |
| Folate, total | µg | 17 | | 0 | | 4 | | 5 | | |
| Folic acid | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Folate, food | µg | 17 | | 0 | | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 5 | | |
| Choline, total | mg | 16.5 | | 0 | BFFN | 4 | | 4.7 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | BFFN | 4 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 12 | | 0 | NC | 4 | | 3 | | |
| Retinol | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Carotene, beta | µg | 108 | | 0 | BFFN | 4 | | 31 | | |
| Carotene, alpha | µg | 70 | | 0 | BFFN | 4 | | 20 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Vitamin A, IU | IU | 238 | | 0 | NC | 4 | | 68 | | |
| Lycopene | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 1762 | | 0 | BFFN | 4 | | 499 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.50 | | 0 | BFFN | 4 | | 0.14 | | |
| Vitamin E, added | mg | 0.00 | | 0 | BFFN | 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 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 1.5 | | 0 | BFFN | 4 | | 0.4 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25001**
**Snacks, popcorn, microwave, low fat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 1.415 | | 0 | | 4 | | 0.401 | | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 0 | | 4 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.931 | | 0 | | 4 | | 0.264 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.475 | | 0 | | 4 | | 0.135 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.085 | | 0 | | 4 | | 1.158 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.038 | | 0 | | 4 | | 0.011 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.037 | | 0 | | 4 | | 1.144 | | |
| 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 | 3.572 | | 0 | | 4 | | 1.013 | | |
| 18:2 undifferentiated....g | 3.315 | | 0 | | 4 | | 0.940 | | |
| 18:3 undifferentiated....g | 0.247 | | 0 | | 4 | | 0.070 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFFN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25014**

**Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated 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 | 2.62 | 0.135 | 8 | A | 1 | | 0.21 | 2.28 | 2.54 |
| Energy....kcal | 527 | | 0 | NC | 4 | | 42 | 459 | 512 |
| Energy....kJ | 2207 | | 0 | NC | 4 | | 174 | 1920 | 2141 |
| Protein....g | 8.69 | 0.388 | 8 | A | 1 | | 0.69 | 7.56 | 8.43 |
| Total lipid (fat)....g | 29.97 | 1.642 | 8 | A | 1 | | 2.37 | 26.08 | 29.08 |
| Ash....g | 3.00 | 0.057 | 8 | A | 1 | | 0.24 | 2.61 | 2.91 |
| Carbohydrate, by difference....g | 55.71 | | 0 | NC | 4 | | 4.40 | 48.47 | 54.04 |
| Fiber, total dietary....g | 9.9 | 0.665 | 4 | A | 1 | | 0.8 | 8.7 | 9.7 |
| Sugars, total....g | 0.54 | 0.058 | 7 | A | 1 | | 0.04 | 0.47 | 0.53 |
| Sucrose....g | 0.54 | 0.051 | 8 | A | 1 | | 0.04 | 0.47 | 0.52 |
| Glucose (dextrose)....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Fructose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Lactose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.00 | 0.000 | 8 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch....g | 44.85 | 1.100 | 8 | A | 1 | | 3.54 | 39.02 | 43.50 |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | 1.868 | 8 | A | 1 | | 2 | 18 | 20 |
| Iron, Fe....mg | 2.36 | 0.200 | 8 | A | 1 | | 0.19 | 2.05 | 2.29 |
| Magnesium, Mg....mg | 92 | 5.659 | 8 | A | 1 | | 7 | 80 | 89 |
| Phosphorus, P....mg | 234 | 12.788 | 8 | A | 1 | | 18 | 203 | 227 |
| Potassium, K....mg | 219 | 11.277 | 8 | A | 1 | | 17 | 191 | 213 |
| Sodium, Na....mg | 771 | 23.443 | 8 | A | 1 | | 61 | 671 | 748 |
| Zinc, Zn....mg | 2.43 | 0.090 | 8 | A | 1 | | 0.19 | 2.12 | 2.36 |
| Copper, Cu....mg | 0.190 | 0.015 | 8 | A | 1 | | 0.015 | 0.165 | 0.185 |
| Manganese, Mn....mg | 0.782 | 0.036 | 8 | A | 1 | | 0.062 | 0.680 | 0.759 |
| Selenium, Se....µg | 5.4 | 2.006 | 8 | A | 1 | | 0.4 | 4.7 | 5.3 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.107 | 0.015 | 4 | A | 1 | | 0.008 | 0.094 | 0.104 |
| Riboflavin....mg | 0.104 | 0.009 | 8 | A | 1 | | 0.008 | 0.090 | 0.101 |
| Niacin....mg | 1.551 | 0.075 | 8 | A | 1 | | 0.123 | 1.350 | 1.505 |
| Pantothenic acid....mg | 0.282 | 0.016 | 4 | A | 1 | | 0.022 | 0.246 | 0.274 |
| Vitamin B-6....mg | 0.164 | 0.007 | 8 | A | 1 | | 0.013 | 0.142 | 0.159 |
| Folate, total....µg | 15 | 2.198 | 4 | A | 1 | | 1 | 13 | 15 |
| Folic acid....µg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | 0 |
| Folate, food....µg | 15 | 2.198 | 4 | AS | 1 | | 1 | 13 | 15 |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 1 | 13 | 15 |
| Choline, total....mg | 13.9 | | 0 | AS | 1 | | 1.1 | 12.1 | 13.5 |
| Betaine....mg | 0.3 | | 1 | A | 1 | | 0.0 | 0.2 | 0.2 |
| Vitamin B-12....µg | 0.00 | | 0 | O | 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 | 24 | | 0 | NC | 4 | | 2 | 21 | 23 |
| Retinol....µg | 13 | | 0 | O | 4 | | 1 | 12 | 13 |
| Carotene, beta....µg | 64 | | 2 | A | 1 | | 5 | 55 | 62 |
| Carotene, alpha....µg | 5 | | 2 | A | 1 | | 0 | 5 | 5 |
| Cryptoxanthin, beta....µg | 116 | | 2 | A | 1 | | 9 | 101 | 112 |
| Vitamin A, IU....IU | 252 | | 0 | NC | 4 | | 20 | 219 | 244 |
| Lycopene....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 762 | | 2 | A | 1 | | 60 | 663 | 739 |
| Vitamin E (alpha-tocopherol)....mg | 1.76 | 0.148 | 8 | A | 1 | | 0.14 | 1.54 | 1.71 |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | 0.14 | | 2 | A | 1 | | 0.01 | 0.12 | 0.13 |
| Tocopherol, gamma....mg | 15.77 | 1.093 | 8 | A | 1 | | 1.25 | 13.72 | 15.30 |
| Tocopherol, delta....mg | 5.95 | 0.433 | 8 | A | 1 | | 0.47 | 5.17 | 5.77 |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25014**

**Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated 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 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 4.2 | 0.972 | 4 | A | 1 | | 0.3 | 3.6 | 4.1 |
| Dihydrophylloquinone....µg | 68.9 | 8.143 | 4 | A | 1 | | 5.4 | 59.9 | 66.8 |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.904 | | 0 | NC | 4 | | 0.545 | 6.006 | 6.697 |
| 4:0....g | 0.014 | 0.011 | 4 | A | 1 | | 0.001 | 0.012 | 0.014 |
| 6:0....g | 0.009 | 0.008 | 4 | A | 1 | | 0.001 | 0.008 | 0.009 |
| 8:0....g | 0.027 | 0.024 | 4 | A | 1 | | 0.002 | 0.023 | 0.026 |
| 10:0....g | 0.028 | 0.022 | 4 | A | 1 | | 0.002 | 0.025 | 0.028 |
| 12:0....g | 0.016 | 0.011 | 4 | A | 1 | | 0.001 | 0.014 | 0.015 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.069 | 0.037 | 4 | A | 1 | | 0.005 | 0.060 | 0.067 |
| 15:0....g | 0.011 | 0.004 | 4 | A | 1 | | 0.001 | 0.009 | 0.010 |
| 16:0....g | 3.228 | 0.279 | 4 | A | 1 | | 0.255 | 2.809 | 3.132 |
| 17:0....g | 0.034 | 0.004 | 4 | A | 1 | | 0.003 | 0.029 | 0.033 |
| 18:0....g | 3.235 | 0.152 | 4 | A | 1 | | 0.256 | 2.815 | 3.138 |
| 20:0....g | 0.105 | 0.006 | 4 | A | 1 | | 0.008 | 0.091 | 0.102 |
| 22:0....g | 0.093 | 0.007 | 4 | A | 1 | | 0.007 | 0.081 | 0.091 |
| 24:0....g | 0.034 | 0.002 | 4 | A | 1 | | 0.003 | 0.029 | 0.033 |
| Fatty acids, total monounsaturated....g | 19.900 | | 0 | NC | 4 | | 1.572 | 17.313 | 19.303 |
| 14:1....g | | | | | | | | | |
| 15:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.024 | 0.007 | 4 | AS | 1 | | 0.002 | 0.021 | 0.023 |
| 16:1 c....g | 0.019 | 0.006 | 4 | A | 1 | | 0.002 | 0.017 | 0.019 |
| 16:1 t....g | 0.005 | 0.002 | 4 | A | 1 | | 0.000 | 0.004 | 0.005 |
| 17:1....g | 0.008 | 0.001 | 4 | A | 1 | | 0.001 | 0.007 | 0.008 |
| 18:1 undifferentiated....g | 19.816 | 1.707 | 4 | AS | 1 | | 1.565 | 17.240 | 19.222 |
| 18:1 c....g | 11.263 | 0.937 | 4 | A | 1 | | 0.890 | 9.799 | 10.925 |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | | | | | | | | | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.054 | | 0 | FLC | 4 | | 0.004 | 0.047 | 0.052 |
| 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 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated....g | 2.159 | | 0 | NC | 4 | | 0.171 | 1.878 | 2.094 |
| 18:2 undifferentiated....g | 2.094 | 0.389 | 4 | AS | 1 | | 0.165 | 1.822 | 2.031 |
| 18:2 n-6 c,c....g | 1.618 | 0.370 | 4 | A | 1 | | 0.128 | 1.408 | 1.569 |
| 18:2 CLAs....g | 0.021 | 0.003 | 4 | A | 1 | | 0.002 | 0.018 | 0.020 |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | 0.453 | | 2 | A | 1 | | 0.036 | 0.394 | 0.439 |
| 18:2 t not further defined....g | 0.455 | 0.034 | 4 | A | 1 | | 0.036 | 0.396 | 0.442 |
| 18:3 undifferentiated....g | 0.061 | 0.005 | 4 | AS | 1 | | 0.005 | 0.053 | 0.060 |
| 18:3 n-3 c,c,c (ALA)....g | 0.061 | 0.005 | 4 | A | 1 | | 0.005 | 0.053 | 0.060 |
| 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 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 4 | 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 | 4 | 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 | 0.004 | 0.000 | 4 | A | 1 | | 0.000 | 0.003 | 0.003 |
| 22:5 n-3 (DPA)....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |

**NDB No. 25014**

**Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated 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 |
| 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 | FLC | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | 1 | | 0 | FLC | 4 | | 0 | 1 | 1 |
| Stigmasterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Campesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Beta-sitosterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.051 | | 0 | A | 1 | | 0.004 | 0.045 | 0.050 |
| Threonine....g | 0.218 | | 0 | A | 1 | | 0.017 | 0.190 | 0.212 |
| Isoleucine....g | 0.253 | | 0 | A | 1 | | 0.020 | 0.220 | 0.246 |
| Leucine....g | 1.028 | | 0 | A | 1 | | 0.081 | 0.894 | 0.997 |
| Lysine....g | 0.263 | | 0 | A | 1 | | 0.021 | 0.229 | 0.255 |
| Methionine....g | 0.132 | | 0 | A | 1 | | 0.010 | 0.115 | 0.128 |
| Cystine....g | 0.143 | | 0 | A | 1 | | 0.011 | 0.124 | 0.139 |
| Phenylalanine....g | 0.323 | | 0 | A | 1 | | 0.026 | 0.281 | 0.313 |
| Tyrosine....g | 0.271 | | 0 | A | 1 | | 0.021 | 0.235 | 0.262 |
| Valine....g | 0.343 | | 0 | A | 1 | | 0.027 | 0.298 | 0.332 |
| Arginine....g | 0.216 | | 0 | A | 1 | | 0.017 | 0.188 | 0.210 |
| Histidine....g | 0.182 | | 0 | A | 1 | | 0.014 | 0.158 | 0.177 |
| Alanine....g | 0.528 | | 0 | A | 1 | | 0.042 | 0.459 | 0.512 |
| Aspartic acid....g | 0.541 | | 0 | A | 1 | | 0.043 | 0.471 | 0.525 |
| Glutamic acid....g | 1.421 | | 0 | A | 1 | | 0.112 | 1.237 | 1.379 |
| Glycine....g | 0.231 | | 0 | A | 1 | | 0.018 | 0.201 | 0.224 |
| Proline....g | 0.634 | | 0 | A | 1 | | 0.050 | 0.552 | 0.615 |
| Serine....g | 0.334 | | 0 | A | 1 | | 0.026 | 0.290 | 0.324 |
| Hydroxyproline....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| **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 = 7.9g: 1 cup

Measure 2 = 87g: 1 bag

Measure 3 = 97g: 1 raw pr g

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

**Food Group:** 25 Snacks

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

**NDB No. 19035**
**Snacks, popcorn, oil-popped, microwave, regular 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 | 1.20 | 0.142 | 6 | A | 1 | | 0.13 | 0.34 | |
| Energy....kcal | 583 | | 0 | NC | 4 | | 64 | 165 | |
| Energy....kJ | 2440 | | 0 | NC | 4 | | 268 | 692 | |
| Protein (N x 6.25)....g | 7.29 | 0.129 | 6 | A | 1 | | 0.80 | 2.07 | |
| Total lipid (fat)....g | 43.55 | 0.666 | 6 | A | 1 | | 4.79 | 12.35 | |
| Ash....g | 2.90 | 0.215 | 32 | | 1 | | 0.32 | 0.82 | |
| Carbohydrate, by difference....g | 45.06 | | 0 | NC | 4 | | 4.96 | 12.77 | |
| Fiber, total dietary....g | 8.1 | 0.369 | 3 | A | 1 | | 0.9 | 2.3 | |
| Sugars, total....g | 0.46 | 0.024 | 3 | A | 1 | | 0.05 | 0.13 | |
| Sucrose....g | 0.31 | 0.024 | 3 | A | 1 | | 0.03 | 0.09 | |
| Glucose (dextrose)....g | 0.07 | 0.000 | 3 | A | 1 | | 0.01 | 0.02 | |
| Fructose....g | 0.07 | 0.000 | 3 | A | 1 | | 0.01 | 0.02 | |
| Lactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| 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 | 34.40 | 0.945 | 3 | A | 1 | | 3.78 | 9.75 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 0.116 | 6 | A | 1 | | 0 | 1 | |
| Iron, Fe....mg | 1.98 | 0.105 | 6 | A | 1 | | 0.22 | 0.56 | |
| Magnesium, Mg....mg | 79 | 1.453 | 6 | A | 1 | | 9 | 22 | |
| Phosphorus, P....mg | 199 | 4.238 | 6 | A | 1 | | 22 | 56 | |
| Potassium, K....mg | 182 | 4.616 | 6 | A | 1 | | 20 | 52 | |
| Sodium, Na....mg | 1058 | | 5 | O | 4 | | 116 | 300 | |
| Zinc, Zn....mg | 3.10 | | 0 | O | 4 | | 0.34 | 0.88 | |
| Copper, Cu....mg | 0.162 | 0.009 | 6 | A | 1 | | 0.018 | 0.046 | |
| Manganese, Mn....mg | 0.629 | 0.012 | 6 | A | 1 | | 0.069 | 0.178 | |
| Selenium, Se....µg | 2.2 | | 0 | O | 4 | | 0.2 | 0.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | 0.195 | 5 | | 1 | | 0.0 | 0.1 | |
| Thiamin....mg | 0.134 | 0.021 | 20 | | 1 | | 0.015 | 0.038 | |
| Riboflavin....mg | 0.057 | 0.007 | 6 | A | 1 | | 0.006 | 0.016 | |
| Niacin....mg | 1.195 | 0.026 | 6 | A | 1 | | 0.131 | 0.339 | |
| Pantothenic acid....mg | 0.230 | 0.155 | 3 | A | 1 | | 0.025 | 0.065 | |
| Vitamin B-6....mg | 0.109 | 0.006 | 3 | A | 1 | | 0.012 | 0.031 | |
| Folate, total....µg | 25 | 0.754 | 6 | A | 1 | | 3 | 7 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 25 | 0.754 | 6 | A | 1 | | 3 | 7 | |
| Folate, DFE....mcg_DFE | 25 | | 0 | NC | 4 | | 3 | 7 | |
| Choline, total....mg | 12.6 | | 0 | AS | 1 | | 1.4 | 3.6 | |
| Betaine....mg | 0.3 | | 1 | A | 1 | | 0.0 | 0.1 | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 8 | | 0 | NC | 4 | | 1 | 2 | |
| Retinol....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 70 | | 0 | BNA | 4 | | 8 | 20 | |
| Carotene, alpha....µg | 46 | | 0 | BNA | 4 | | 5 | 13 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BNA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 154 | 20.972 | 12 | | 1 | | 17 | 44 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 829 | | 0 | O | 4 | | 91 | 235 | |
| Vitamin E (alpha-tocopherol)....mg | 2.43 | | 1 | A | 1 | | 0.27 | 0.69 | |
| Vitamin E, added....mg | 0.00 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | 0.16 | | 1 | A | 1 | | 0.02 | 0.05 | |
| Tocopherol, gamma....mg | 24.88 | | 1 | A | 1 | | 2.74 | 7.05 | |
| Tocopherol, delta....mg | 5.99 | | 1 | A | 1 | | 0.66 | 1.70 | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 19035**
**Snacks, popcorn, oil-popped, microwave, regular 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 |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 0 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone).....µg | 4.1 | | 0 | O | 4 | | 0.5 | 1.2 | |
| Dihydrophylloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.820 | | 0 | NC | 4 | | 0.750 | 1.934 | |
| 4:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 4.610 | 0.175 | 3 | A | 1 | | 0.507 | 1.307 | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 1.873 | 0.074 | 3 | A | 1 | | 0.206 | 0.531 | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 9.809 | | 0 | NC | 4 | | 1.079 | 2.781 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | 0.004 | 3 | A | 1 | | 0.004 | 0.010 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.654 | 0.358 | 3 | A | 1 | | 1.062 | 2.737 | |
| 20:1.....g | 0.118 | 0.004 | 3 | A | 1 | | 0.013 | 0.034 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 23.191 | | 0 | NC | 4 | | 2.551 | 6.575 | |
| 18:2 undifferentiated.....g | 22.339 | 0.810 | 3 | A | 1 | | 2.457 | 6.333 | |
| 18:3 undifferentiated.....g | 0.853 | 0.853 | 3 | JA | 6 | | 0.094 | 0.242 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 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 | 0.000 | 6 | | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.063 | | 0 | | 1 | | 0.007 | 0.018 | |
| Threonine.....g | 0.338 | | 0 | | 1 | | 0.037 | 0.096 | |
| Isoleucine.....g | 0.323 | | 0 | | 1 | | 0.036 | 0.092 | |
| Leucine.....g | 1.103 | | 0 | | 1 | | 0.121 | 0.313 | |
| Lysine.....g | 0.253 | | 0 | | 1 | | 0.028 | 0.072 | |
| Methionine.....g | 0.189 | | 0 | | 1 | | 0.021 | 0.054 | |
| Cystine.....g | 0.163 | | 0 | | 1 | | 0.018 | 0.046 | |
| Phenylalanine.....g | 0.442 | | 0 | | 1 | | 0.049 | 0.125 | |
| Tyrosine.....g | 0.366 | | 0 | | 1 | | 0.040 | 0.104 | |
| Valine.....g | 0.455 | | 0 | | 1 | | 0.050 | 0.129 | |
| Arginine.....g | 0.448 | | 0 | | 1 | | 0.049 | 0.127 | |
| Histidine.....g | 0.275 | | 0 | | 1 | | 0.030 | 0.078 | |
| Alanine.....g | 0.674 | | 0 | | 1 | | 0.074 | 0.191 | |
| Aspartic acid.....g | 0.626 | | 0 | | 1 | | 0.069 | 0.177 | |
| Glutamic acid.....g | 1.689 | | 0 | | 1 | | 0.186 | 0.479 | |
| Glycine.....g | 0.369 | | 0 | | 1 | | 0.041 | 0.105 | |
| Proline.....g | 0.785 | | 0 | | 1 | | 0.086 | 0.223 | |
| Serine.....g | 0.428 | | 0 | | 1 | | 0.047 | 0.121 | |
| Hydroxyproline.....g | | | | | | | | | |

**NDB No. 19035**
**Snacks, popcorn, oil-popped, microwave, regular 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 |
| **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 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19807**
**Snacks, popcorn, oil-popped, white popcorn**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.80 | 0.153 | 50 | | 1 | | 0.31 | 0.79 | |
| Energy....kcal | 500 | | 0 | NC | 4 | | 55 | 142 | |
| Energy....kJ | 2092 | | | | 4 | | 230 | 593 | |
| Protein (N x 6.25)....g | 9.00 | 0.264 | 32 | | 1 | | 0.99 | 2.55 | |
| Total lipid (fat)....g | 28.10 | 1.074 | 40 | | 1 | | 3.09 | 7.97 | |
| Ash....g | 2.90 | 0.215 | 32 | | 1 | | 0.32 | 0.82 | |
| Carbohydrate, by difference....g | 57.20 | | 0 | NC | 4 | | 6.29 | 16.22 | |
| Fiber, total dietary....g | 10.0 | | 0 | | 4 | | 1.1 | 2.8 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | 1.080 | 55 | | 1 | | 1 | 3 | |
| Iron, Fe....mg | 2.78 | 0.091 | 63 | | 1 | | 0.31 | 0.79 | |
| Magnesium, Mg....mg | 108 | 3.124 | 50 | | 1 | | 12 | 31 | |
| Phosphorus, P....mg | 250 | 7.888 | 49 | | 1 | | 28 | 71 | |
| Potassium, K....mg | 225 | 9.120 | 51 | | 1 | | 25 | 64 | |
| Sodium, Na....mg | 884 | 65.964 | 29 | | 1 | | 97 | 251 | |
| Zinc, Zn....mg | 2.64 | 0.094 | 52 | | 1 | | 0.29 | 0.75 | |
| Copper, Cu....mg | 0.221 | 0.010 | 48 | | 1 | | 0.024 | 0.063 | |
| Manganese, Mn....mg | 0.879 | 0.031 | 48 | | 1 | | 0.097 | 0.249 | |
| Selenium, Se....µg | 7.3 | | 0 | BFZN | 4 | | 0.8 | 2.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | 0.195 | 5 | | 1 | | 0.0 | 0.1 | |
| Thiamin....mg | 0.134 | 0.021 | 20 | | 1 | | 0.015 | 0.038 | |
| Riboflavin....mg | 0.136 | 0.015 | 23 | | 1 | | 0.015 | 0.039 | |
| Niacin....mg | 1.550 | 0.059 | 20 | | 1 | | 0.171 | 0.439 | |
| Pantothenic acid....mg | 0.305 | 0.054 | 7 | | 1 | | 0.034 | 0.086 | |
| Vitamin B-6....mg | 0.209 | 0.017 | 6 | | 1 | | 0.023 | 0.059 | |
| Folate, total....µg | 17 | 1.686 | 3 | | 1 | | 2 | 5 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 17 | 1.686 | 3 | | 1 | | 2 | 5 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 2 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 11 | | 0 | | 1 | | 1 | 3 | |
| 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 | 4.890 | | 0 | | 1 | | 0.538 | 1.386 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19807**
**Snacks, popcorn, oil-popped, white popcorn**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | | | | | | | | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.070 | | 1 | | 1 | | 0.008 | 0.020 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.860 | | 1 | | 1 | | 0.425 | 1.094 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.960 | | 1 | | 1 | | 0.106 | 0.272 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.170 | | 0 | | 1 | | 0.899 | 2.316 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.050 | | 1 | | 1 | | 0.006 | 0.014 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.120 | | 1 | | 1 | | 0.893 | 2.302 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 13.420 | | 0 | | 1 | | 1.476 | 3.805 | |
| 18:2 undifferentiated g | 12.680 | | 1 | | 1 | | 1.395 | 3.595 | |
| 18:3 undifferentiated g | 0.730 | | 1 | | 1 | | 0.080 | 0.207 | |
| 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 | 0.000 | 6 | | 1 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.063 | | 0 | | 1 | | 0.007 | 0.018 | |
| Threonine g | 0.338 | | 0 | | 1 | | 0.037 | 0.096 | |
| Isoleucine g | 0.323 | | 0 | | 1 | | 0.036 | 0.092 | |
| Leucine g | 1.103 | | 0 | | 1 | | 0.121 | 0.313 | |
| Lysine g | 0.253 | | 0 | | 1 | | 0.028 | 0.072 | |
| Methionine g | 0.189 | | 0 | | 1 | | 0.021 | 0.054 | |
| Cystine g | 0.163 | | 0 | | 1 | | 0.018 | 0.046 | |
| Phenylalanine g | 0.442 | | 0 | | 1 | | 0.049 | 0.125 | |
| Tyrosine g | 0.366 | | 0 | | 1 | | 0.040 | 0.104 | |
| Valine g | 0.455 | | 0 | | 1 | | 0.050 | 0.129 | |
| Arginine g | 0.448 | | 0 | | 1 | | 0.049 | 0.127 | |
| Histidine g | 0.275 | | 0 | | 1 | | 0.030 | 0.078 | |
| Alanine g | 0.674 | | 0 | | 1 | | 0.074 | 0.191 | |
| Aspartic acid g | 0.626 | | 0 | | 1 | | 0.069 | 0.177 | |
| Glutamic acid g | 1.689 | | 0 | | 1 | | 0.186 | 0.479 | |
| Glycine g | 0.369 | | 0 | | 1 | | 0.041 | 0.105 | |
| Proline g | 0.785 | | 0 | | 1 | | 0.086 | 0.223 | |
| Serine g | 0.428 | | 0 | | 1 | | 0.047 | 0.121 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 11.0g: 1 cup

**NDB No. 19807**

**Snacks, popcorn, oil-popped, white popcorn**

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 25002**
**Snacks, popcorn, unpopped kernels**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 10.57 | | 2 | A | 1 | | 3.00 | | |
| Energy | kcal | 375 | | 0 | NC | 4 | | 106 | | |
| Energy | kJ | 1568 | | 0 | NC | 4 | | 445 | | |
| Protein (N x 6.25) | g | 10.87 | | 2 | A | 1 | | 3.08 | | |
| Total lipid (fat) | g | 4.31 | | 2 | A | 1 | | 1.22 | | |
| Ash | g | 1.13 | | 2 | A | 1 | | 0.32 | | |
| Carbohydrate, by difference | g | 74.00 | | 0 | O | 4 | | 20.98 | | |
| Fiber, total dietary | g | 12.7 | | 2 | A | 1 | | 3.6 | | |
| Sugars, total | g | 0.91 | | 2 | A | 1 | | 0.26 | | |
| Sucrose | g | 0.52 | | 2 | A | 1 | | 0.15 | | |
| Glucose (dextrose) | g | 0.22 | | 2 | A | 1 | | 0.06 | | |
| Fructose | g | 0.17 | | 2 | A | 1 | | 0.05 | | |
| 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 | 60.85 | | 2 | A | 1 | | 17.25 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 2 | A | 1 | | 1 | | |
| Iron, Fe | mg | 3.04 | | 2 | A | 1 | | 0.86 | | |
| Magnesium, Mg | mg | 123 | | 2 | A | 1 | | 35 | | |
| Phosphorus, P | mg | 299 | | 2 | A | 1 | | 85 | | |
| Potassium, K | mg | 274 | | 2 | A | 1 | | 78 | | |
| Sodium, Na | mg | 7 | | 2 | A | 1 | | 2 | | |
| Zinc, Zn | mg | 2.75 | | 2 | A | 1 | | 0.78 | | |
| Copper, Cu | mg | 0.228 | | 2 | A | 1 | | 0.064 | | |
| Manganese, Mn | mg | 0.963 | | 2 | A | 1 | | 0.273 | | |
| Selenium, Se | µg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.317 | | 2 | A | 1 | | 0.090 | | |
| Riboflavin | mg | 0.047 | | 2 | A | 1 | | 0.013 | | |
| Niacin | mg | 1.600 | | 2 | A | 1 | | 0.454 | | |
| Pantothenic acid | mg | 0.395 | | 2 | A | 1 | | 0.112 | | |
| Vitamin B-6 | mg | 0.288 | | 2 | A | 1 | | 0.082 | | |
| Folate, total | µg | 62 | | 2 | A | 1 | | 18 | | |
| Folic acid | µg | | | | | | | | | |
| Folate, food | µg | 24 | | 1 | A | 1 | | 7 | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| 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 | 0.25 | | 1 | A | 1 | | 0.07 | | |
| Tocopherol, beta | mg | 0.01 | | 1 | A | 1 | | 0.00 | | |
| Tocopherol, gamma | mg | 3.60 | | 1 | A | 1 | | 1.02 | | |
| Tocopherol, delta | mg | 0.20 | | 1 | A | 1 | | 0.06 | | |
| Vitamin D (D2 + D3) | µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | µg | | | | | | | | | |

**NDB No. 25002**
**Snacks, popcorn, unpopped kernels**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.640 | | 0 | NC | 4 | | 0.181 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 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 | 0.003 | | 2 | A | 1 | | 0.001 | | |
| 15:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 16:0....g | 0.531 | | 2 | A | 1 | | 0.150 | | |
| 17:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 18:0....g | 0.081 | | 2 | A | 1 | | 0.023 | | |
| 20:0....g | 0.016 | | 2 | A | 1 | | 0.004 | | |
| 22:0....g | 0.007 | | 2 | A | 1 | | 0.002 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.992 | | 0 | NC | 4 | | 0.281 | | |
| 14:1....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 15:1....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.006 | | 2 | A | 1 | | 0.002 | | |
| 17:1....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated....g | 0.921 | | 2 | A | 1 | | 0.261 | | |
| 20:1....g | 0.013 | | 2 | A | 1 | | 0.004 | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.476 | | 0 | NC | 4 | | 0.702 | | |
| 18:2 undifferentiated....g | 2.268 | | 2 | A | 1 | | 0.643 | | |
| 18:3 undifferentiated....g | 0.027 | | 2 | JA | 6 | | 0.008 | | |
| 18:3 n-3 c,c,c (ALA)....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | | | | | | | | | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**NDB No. 25002**
**Snacks, popcorn, unpopped kernels**

**Food Group:** 25 Snacks

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

**NDB No. 19408**
**Snacks, pork skins, barbecue-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 | 2.10 | 0.171 | 6 | | 1 | | 0.60 | 0.30 | |
| Energy....kcal | 538 | | 0 | | 4 | | 153 | 76 | |
| Energy....kJ | 2251 | | | | 4 | | 638 | 320 | |
| Protein (N x 6.25)....g | 57.90 | 0.474 | 6 | | 1 | | 16.41 | 8.22 | |
| Total lipid (fat)....g | 31.80 | 1.124 | 6 | | 1 | | 9.02 | 4.52 | |
| Ash....g | 7.00 | 0.759 | 6 | | 1 | | 1.98 | 0.99 | |
| Carbohydrate, by difference....g | 1.60 | | 0 | NC | 4 | | 0.45 | 0.23 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 43 | | 1 | | 1 | | 12 | 6 | |
| Iron, Fe....mg | 1.04 | | 2 | | 1 | | 0.29 | 0.15 | |
| Magnesium, Mg....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 220 | | 1 | | 1 | | 62 | 31 | |
| Potassium, K....mg | 180 | | 1 | | 1 | | 51 | 26 | |
| Sodium, Na....mg | 2667 | 194.365 | 9 | | 1 | | 756 | 379 | |
| Zinc, Zn....mg | 0.71 | | 1 | | 4 | | 0.20 | 0.10 | |
| Copper, Cu....mg | 0.350 | | 1 | | 1 | | 0.099 | 0.050 | |
| Manganese, Mn....mg | 0.074 | | 1 | | 4 | | 0.021 | 0.011 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.5 | | 1 | | 1 | | 0.4 | 0.2 | |
| Thiamin....mg | 0.084 | | 1 | | 1 | | 0.024 | 0.012 | |
| Riboflavin....mg | 0.432 | | 2 | | 1 | | 0.122 | 0.061 | |
| Niacin....mg | 3.355 | | 2 | | 1 | | 0.951 | 0.476 | |
| Pantothenic acid....mg | 0.430 | | 1 | | 4 | | 0.122 | 0.061 | |
| Vitamin B-6....mg | 0.156 | | 1 | | 1 | | 0.044 | 0.022 | |
| Folate, total....µg | 31 | | 1 | | 4 | | 9 | 4 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 31 | | 1 | | 4 | | 9 | 4 | |
| Folate, DFE....mcg_DFE | 31 | | 0 | NC | 4 | | 9 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.13 | | 1 | | 4 | | 0.04 | 0.02 | |
| Vitamin A, RAE....mcg_RAE | 65 | | 0 | NC | 4 | | 18 | 9 | |
| Retinol....µg | 38 | | 0 | NR | 4 | | 11 | 5 | |
| Carotene, beta....µg | 324 | | 0 | NR | 4 | | 92 | 46 | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 667 | | 0 | NC | 4 | | 189 | 95 | |
| 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 | | 3.277 | 1.642 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19408**
**Snacks, pork skins, barbecue-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | 0.020 | | 1 | | 1 | | 0.006 | 0.003 | |
| 12:0 g | 0.070 | | 1 | | 1 | | 0.020 | 0.010 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.400 | | 1 | | 1 | | 0.113 | 0.057 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 6.960 | | 1 | | 1 | | 1.973 | 0.988 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 4.100 | | 1 | | 1 | | 1.162 | 0.582 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 15.030 | | 0 | | 1 | | 4.261 | 2.134 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.990 | | 1 | | 1 | | 0.281 | 0.141 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 13.780 | | 1 | | 1 | | 3.907 | 1.957 | |
| 20:1 g | 0.250 | | 1 | | 1 | | 0.071 | 0.036 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.450 | | 0 | | 1 | | 0.978 | 0.490 | |
| 18:2 undifferentiated g | 3.410 | | 1 | | 1 | | 0.967 | 0.484 | |
| 18:3 undifferentiated g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.040 | | 1 | | 1 | | 0.011 | 0.006 | |
| 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 | 115 | 4.853 | 8 | | 1 | | 33 | 16 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.131 | | 0 | | 1 | | 0.037 | 0.019 | |
| Threonine g | 1.765 | | 0 | | 1 | | 0.500 | 0.251 | |
| Isoleucine g | 1.373 | | 0 | | 1 | | 0.389 | 0.195 | |
| Leucine g | 3.221 | | 0 | | 1 | | 0.913 | 0.457 | |
| Lysine g | 2.698 | | 0 | | 1 | | 0.765 | 0.383 | |
| Methionine g | 0.476 | | 0 | | 1 | | 0.135 | 0.068 | |
| Cystine g | 0.514 | | 0 | | 1 | | 0.146 | 0.073 | |
| Phenylalanine g | 1.877 | | 0 | | 1 | | 0.532 | 0.267 | |
| Tyrosine g | 1.186 | | 0 | | 1 | | 0.336 | 0.168 | |
| Valine g | 2.334 | | 0 | | 1 | | 0.662 | 0.331 | |
| Arginine g | 4.547 | | 0 | | 1 | | 1.289 | 0.646 | |
| Histidine g | 0.719 | | 0 | | 1 | | 0.204 | 0.102 | |
| Alanine g | 5.472 | | 0 | | 1 | | 1.551 | 0.777 | |
| Aspartic acid g | 4.295 | | 0 | | 1 | | 1.218 | 0.610 | |
| Glutamic acid g | 7.302 | | 0 | | 1 | | 2.070 | 1.037 | |
| Glycine g | 11.036 | | 0 | | 1 | | 3.129 | 1.567 | |
| Proline g | 6.769 | | 0 | | 1 | | 1.919 | 0.961 | |
| Serine g | 2.484 | | 0 | | 1 | | 0.704 | 0.353 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19408**

**Snacks, pork skins, barbecue-flavor**

Measure 2 = 14.2g: .5 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 25 Snacks

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

**NDB No. 19041**
**Snacks, pork skins, plain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.80 | 0.099 | 24 | | 1 | | 0.51 | 0.26 | |
| Energy....kcal | 544 | | 0 | NC | 4 | | 154 | 77 | |
| Energy....kJ | 2276 | | 0 | NC | 4 | | 645 | 323 | |
| Protein (N x 6.25)....g | 61.30 | 1.492 | 20 | | 1 | | 17.38 | 8.70 | |
| Total lipid (fat)....g | 31.30 | 0.441 | 16 | | 1 | | 8.87 | 4.44 | |
| Ash....g | 5.40 | 0.193 | 24 | | 1 | | 1.53 | 0.77 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 30 | 2.750 | 21 | | 1 | | 9 | 4 | |
| Iron, Fe....mg | 0.88 | 0.043 | 23 | | 1 | | 0.25 | 0.12 | |
| Magnesium, Mg....mg | 11 | 0.923 | 21 | | 1 | | 3 | 2 | |
| Phosphorus, P....mg | 85 | 1.956 | 18 | | 1 | | 24 | 12 | |
| Potassium, K....mg | 127 | 5.130 | 24 | | 1 | | 36 | 18 | |
| Sodium, Na....mg | 1818 | | 0 | LC | 8 | | 515 | 258 | |
| Zinc, Zn....mg | 0.56 | 0.034 | 20 | | 1 | | 0.16 | 0.08 | |
| Copper, Cu....mg | 0.094 | 0.008 | 17 | | 1 | | 0.027 | 0.013 | |
| Manganese, Mn....mg | 0.069 | 0.010 | 19 | | 1 | | 0.020 | 0.010 | |
| Selenium, Se....µg | 41.0 | | 0 | FLM | 4 | | 11.6 | 5.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.5 | 0.151 | 13 | | 1 | | 0.1 | 0.1 | |
| Thiamin....mg | 0.099 | 0.010 | 7 | | 1 | | 0.028 | 0.014 | |
| Riboflavin....mg | 0.283 | 0.070 | 12 | | 1 | | 0.080 | 0.040 | |
| Niacin....mg | 1.549 | 0.120 | 21 | | 1 | | 0.439 | 0.220 | |
| Pantothenic acid....mg | 0.430 | 0.005 | 5 | | 1 | | 0.122 | 0.061 | |
| Vitamin B-6....mg | 0.023 | | 2 | | 1 | | 0.007 | 0.003 | |
| Folate, total....µg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 164.5 | | 0 | FLA | 4 | | 46.6 | 23.4 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.64 | 0.011 | 5 | | 1 | | 0.18 | 0.09 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 12 | | 0 | NC | 4 | | 3 | 2 | |
| Retinol....µg | 12 | | 0 | FLA | 4 | | 3 | 2 | |
| 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 | 40 | | 0 | NC | 4 | | 11 | 6 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.53 | | 0 | FLA | 4 | | 0.15 | 0.07 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....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 | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19041**
**Snacks, pork skins, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 11.370 | | 0 | | 1 | | 3.223 | 1.615 | |
| 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 | 0.020 | | 1 | | 1 | | 0.006 | 0.003 | |
| 12:0....g | 0.070 | | 1 | | 1 | | 0.020 | 0.010 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.390 | | 1 | | 1 | | 0.111 | 0.055 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 6.850 | | 1 | | 1 | | 1.942 | 0.973 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.040 | | 1 | | 1 | | 1.145 | 0.574 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 14.780 | | 0 | | 1 | | 4.190 | 2.099 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.970 | | 1 | | 1 | | 0.275 | 0.138 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 13.560 | | 1 | | 1 | | 3.844 | 1.926 | |
| 20:1....g | 0.250 | | 1 | | 1 | | 0.071 | 0.036 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.640 | | 0 | | 1 | | 1.032 | 0.517 | |
| 18:2 undifferentiated....g | 3.350 | | 1 | | 1 | | 0.950 | 0.476 | |
| 18:3 undifferentiated....g | 0.260 | | 1 | | 1 | | 0.074 | 0.037 | |
| 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 | 0.030 | | 1 | | 1 | | 0.009 | 0.004 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 95 | 6.090 | 15 | | 1 | | 27 | 13 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.118 | | 0 | | 1 | | 0.033 | 0.017 | |
| Threonine....g | 1.823 | | 0 | | 1 | | 0.517 | 0.259 | |
| Isoleucine....g | 1.382 | | 0 | | 1 | | 0.392 | 0.196 | |
| Leucine....g | 3.322 | | 0 | | 1 | | 0.942 | 0.472 | |
| Lysine....g | 2.783 | | 0 | | 1 | | 0.789 | 0.395 | |
| Methionine....g | 0.480 | | 0 | | 1 | | 0.136 | 0.068 | |
| Cystine....g | 0.529 | | 0 | | 1 | | 0.150 | 0.075 | |
| Phenylalanine....g | 1.940 | | 0 | | 1 | | 0.550 | 0.275 | |
| Tyrosine....g | 1.205 | | 0 | | 1 | | 0.342 | 0.171 | |
| Valine....g | 2.421 | | 0 | | 1 | | 0.686 | 0.344 | |
| Arginine....g | 4.841 | | 0 | | 1 | | 1.372 | 0.687 | |
| Histidine....g | 0.725 | | 0 | | 1 | | 0.206 | 0.103 | |
| Alanine....g | 5.811 | | 0 | | 1 | | 1.647 | 0.825 | |
| Aspartic acid....g | 4.469 | | 0 | | 1 | | 1.267 | 0.635 | |
| Glutamic acid....g | 7.625 | | 0 | | 1 | | 2.162 | 1.083 | |
| Glycine....g | 11.917 | | 0 | | 1 | | 3.378 | 1.692 | |
| Proline....g | 7.262 | | 0 | | 1 | | 2.059 | 1.031 | |
| Serine....g | 2.597 | | 0 | | 1 | | 0.736 | 0.369 | |
| 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. 19041**
**Snacks, pork skins, plain**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 25 Snacks

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

**NDB No. 19042**
**Snacks, potato chips, barbecue-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 | 1.90 | 0.050 | 41 | | 1 | | 0.54 | 3.76 | |
| Energy....kcal | 490 | | 0 | NC | 4 | | 139 | 971 | |
| Energy....kJ | 2052 | | 0 | NC | 4 | | 582 | 4063 | |
| Protein (N x 6.1)....g | 7.70 | 0.135 | 42 | | 1 | | 2.18 | 15.25 | |
| Total lipid (fat)....g | 32.40 | 0.450 | 43 | | 1 | | 9.19 | 64.15 | |
| Ash....g | 5.00 | 0.111 | 42 | | 1 | | 1.42 | 9.90 | |
| Carbohydrate, by difference....g | 52.80 | | 0 | NC | 4 | | 14.97 | 104.54 | |
| Fiber, total dietary....g | 4.4 | | 0 | | 1 | | 1.2 | 8.7 | |
| Sugars, total....g | 7.05 | | 0 | FLA | 4 | | 2.00 | 13.96 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 50 | 3.052 | 40 | | 1 | | 14 | 99 | |
| Iron, Fe....mg | 1.94 | 0.090 | 41 | | 1 | | 0.55 | 3.84 | |
| Magnesium, Mg....mg | 75 | 2.685 | 36 | | 1 | | 21 | 149 | |
| Phosphorus, P....mg | 186 | 7.383 | 36 | | 1 | | 53 | 368 | |
| Potassium, K....mg | 1261 | 29.069 | 43 | | 1 | | 357 | 2497 | |
| Sodium, Na....mg | 750 | 61.222 | 13 | | 1 | | 213 | 1485 | |
| Zinc, Zn....mg | 0.94 | 0.055 | 35 | | 1 | | 0.27 | 1.86 | |
| Copper, Cu....mg | 0.360 | 0.036 | 31 | | 1 | | 0.102 | 0.713 | |
| Manganese, Mn....mg | 0.500 | 0.029 | 24 | | 1 | | 0.142 | 0.990 | |
| Selenium, Se....µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 16.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 33.9 | 4.238 | 12 | | 1 | | 9.6 | 67.1 | |
| Thiamin....mg | 0.215 | 0.011 | 42 | | 1 | | 0.061 | 0.426 | |
| Riboflavin....mg | 0.215 | 0.012 | 42 | | 1 | | 0.061 | 0.426 | |
| Niacin....mg | 4.692 | 0.146 | 42 | | 1 | | 1.330 | 9.290 | |
| Pantothenic acid....mg | 0.617 | | 1 | | 4 | | 0.175 | 1.222 | |
| Vitamin B-6....mg | 0.622 | 0.049 | 14 | | 1 | | 0.176 | 1.232 | |
| Folate, total....µg | 83 | 2.309 | 3 | | 1 | | 24 | 164 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 83 | 2.309 | 3 | | 1 | | 24 | 164 | |
| Folate, DFE....mcg_DFE | 83 | | 0 | NC | 4 | | 24 | 164 | |
| Choline, total....mg | 11.5 | | 0 | FLA | 4 | | 3.3 | 22.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 3 | | 0 | NC | 4 | | 1 | 6 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | 36 | | 0 | FLA | 4 | | 10 | 71 | |
| Carotene, alpha....µg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 61 | | 0 | NC | 4 | | 17 | 120 | |
| Lycopene....µg | 1143 | | 0 | FLA | 4 | | 324 | 2262 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 6.17 | | 0 | FLA | 4 | | 1.75 | 12.21 | |
| 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 | FLA | 4 | | 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 | 20.1 | | 0 | FLA | 4 | | 5.7 | 39.8 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19042**
**Snacks, potato chips, barbecue-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 | 8.050 | | 0 | | 1 | | 2.282 | 15.939 | |
| 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 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 1 | | 1 | | 0.003 | 0.020 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.250 | | 1 | | 1 | | 0.071 | 0.495 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 7.000 | | 1 | | 1 | | 1.985 | 13.860 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.750 | | 1 | | 1 | | 0.213 | 1.485 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.540 | | 0 | | 1 | | 1.854 | 12.949 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.250 | | 1 | | 1 | | 0.071 | 0.495 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.260 | | 1 | | 1 | | 1.775 | 12.395 | |
| 20:1....g | 0.030 | | 1 | | 1 | | 0.009 | 0.059 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 16.370 | | 0 | | 1 | | 4.641 | 32.413 | |
| 18:2 undifferentiated....g | 16.280 | | 1 | | 1 | | 4.615 | 32.234 | |
| 18:3 undifferentiated....g | 0.090 | | 1 | | 1 | | 0.026 | 0.178 | |
| 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 | 0.000 | 5 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.108 | | 0 | | 1 | | 0.031 | 0.214 | |
| Threonine....g | 0.322 | | 0 | | 1 | | 0.091 | 0.638 | |
| Isoleucine....g | 0.344 | | 0 | | 1 | | 0.098 | 0.681 | |
| Leucine....g | 0.506 | | 0 | | 1 | | 0.143 | 1.002 | |
| Lysine....g | 0.501 | | 0 | | 1 | | 0.142 | 0.992 | |
| Methionine....g | 0.127 | | 0 | | 1 | | 0.036 | 0.251 | |
| Cystine....g | 0.108 | | 0 | | 1 | | 0.031 | 0.214 | |
| Phenylalanine....g | 0.336 | | 0 | | 1 | | 0.095 | 0.665 | |
| Tyrosine....g | 0.275 | | 0 | | 1 | | 0.078 | 0.545 | |
| Valine....g | 0.426 | | 0 | | 1 | | 0.121 | 0.843 | |
| Arginine....g | 0.380 | | 0 | | 1 | | 0.108 | 0.752 | |
| Histidine....g | 0.176 | | 0 | | 1 | | 0.050 | 0.348 | |
| Alanine....g | 0.342 | | 0 | | 1 | | 0.097 | 0.677 | |
| Aspartic acid....g | 1.363 | | 0 | | 1 | | 0.386 | 2.699 | |
| Glutamic acid....g | 1.188 | | 0 | | 1 | | 0.337 | 2.352 | |
| Glycine....g | 0.288 | | 0 | | 1 | | 0.082 | 0.570 | |
| Proline....g | 0.304 | | 0 | | 1 | | 0.086 | 0.602 | |
| Serine....g | 0.345 | | 0 | | 1 | | 0.098 | 0.683 | |
| 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. 19042**
**Snacks, potato chips, barbecue-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 |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

**Calories Factors: Protein** 2.4 **Fat** 8.7 **Carbohydrate** 3.6

**Food Group:** 25 Snacks

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

**NDB No. 19421**
**Snacks, potato chips, cheese-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 | 1.80 | 0.165 | 4 | | 1 | | 0.51 | 3.06 | |
| Energy....kcal | 496 | | 0 | NC | 4 | | 141 | 843 | |
| Energy....kJ | 2075 | | 0 | | 4 | | 588 | 3528 | |
| Protein (N x 6.3)....g | 8.50 | 0.481 | 4 | | 1 | | 2.41 | 14.45 | |
| Total lipid (fat)....g | 27.20 | 0.784 | 4 | | 1 | | 7.71 | 46.24 | |
| Ash....g | 4.80 | 0.303 | 4 | | 1 | | 1.36 | 8.16 | |
| Carbohydrate, by difference....g | 57.70 | | 0 | NC | 4 | | 16.36 | 98.09 | |
| Fiber, total dietary....g | 5.2 | | 0 | | 4 | | 1.5 | 8.8 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 72 | 2.237 | 4 | | 1 | | 20 | 122 | |
| Iron, Fe....mg | 1.84 | 0.275 | 4 | | 1 | | 0.52 | 3.13 | |
| Magnesium, Mg....mg | 75 | 2.182 | 4 | | 1 | | 21 | 128 | |
| Phosphorus, P....mg | 299 | 7.739 | 4 | | 1 | | 85 | 508 | |
| Potassium, K....mg | 1528 | 31.456 | 4 | | 1 | | 433 | 2598 | |
| Sodium, Na....mg | 458 | | 0 | T | 4 | | 130 | 779 | |
| Zinc, Zn....mg | 0.91 | 0.143 | 4 | | 1 | | 0.26 | 1.55 | |
| Copper, Cu....mg | 0.250 | 0.052 | 4 | | 1 | | 0.071 | 0.425 | |
| Manganese, Mn....mg | 0.446 | 0.035 | 4 | | 1 | | 0.126 | 0.758 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 54.1 | 13.104 | 4 | | 1 | | 15.3 | 92.0 | |
| Thiamin....mg | 0.155 | 0.003 | 4 | | 1 | | 0.044 | 0.264 | |
| Riboflavin....mg | 0.158 | 0.010 | 4 | | 1 | | 0.045 | 0.269 | |
| Niacin....mg | 5.000 | 0.129 | 4 | | 1 | | 1.418 | 8.500 | |
| Pantothenic acid....mg | 0.790 | 0.105 | 4 | | 1 | | 0.224 | 1.343 | |
| Vitamin B-6....mg | 0.348 | 0.039 | 4 | | 1 | | 0.099 | 0.592 | |
| Folate, total....µg | 0 | 0.002 | 4 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | 0.002 | 4 | | 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 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 10 | | 0 | NC | 4 | | 3 | 17 | |
| Retinol....µg | 10 | | 0 | NC | 4 | | 3 | 17 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 33 | | 1 | | 4 | | 9 | 56 | |
| 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 | 8.600 | | 0 | | 1 | | 2.438 | 14.620 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19421**
**Snacks, potato chips, cheese-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | 0.000 | | 31 | | 1 | | 0.000 | 0.000 | |
| 12:0 g | 0.060 | | 31 | | 1 | | 0.017 | 0.102 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.240 | | 31 | | 1 | | 0.068 | 0.408 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 7.320 | | 31 | | 1 | | 2.075 | 12.444 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.870 | | 31 | | 1 | | 0.247 | 1.479 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.720 | | 0 | | 1 | | 2.189 | 13.124 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.140 | | 31 | | 1 | | 0.040 | 0.238 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.470 | | 31 | | 1 | | 2.118 | 12.699 | |
| 20:1 g | 0.120 | | 31 | | 1 | | 0.034 | 0.204 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 9.560 | | 0 | | 1 | | 2.710 | 16.252 | |
| 18:2 undifferentiated g | 9.410 | | 31 | | 1 | | 2.668 | 15.997 | |
| 18:3 undifferentiated g | 0.150 | | 31 | | 1 | | 0.043 | 0.255 | |
| 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 | 4 | | 1 | | 4 | | 1 | 7 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.073 | | 0 | | 1 | | 0.021 | 0.124 | |
| Threonine g | 0.365 | | 0 | | 1 | | 0.103 | 0.621 | |
| Isoleucine g | 0.392 | | 0 | | 1 | | 0.111 | 0.666 | |
| Leucine g | 0.594 | | 0 | | 1 | | 0.168 | 1.010 | |
| Lysine g | 0.554 | | 0 | | 1 | | 0.157 | 0.942 | |
| Methionine g | 0.116 | | 0 | | 1 | | 0.033 | 0.197 | |
| Cystine g | 0.104 | | 0 | | 1 | | 0.029 | 0.177 | |
| Phenylalanine g | 0.388 | | 0 | | 1 | | 0.110 | 0.660 | |
| Tyrosine g | 0.329 | | 0 | | 1 | | 0.093 | 0.559 | |
| Valine g | 0.501 | | 0 | | 1 | | 0.142 | 0.852 | |
| Arginine g | 0.400 | | 0 | | 1 | | 0.113 | 0.680 | |
| Histidine g | 0.194 | | 0 | | 1 | | 0.055 | 0.330 | |
| Alanine g | 0.299 | | 0 | | 1 | | 0.085 | 0.508 | |
| Aspartic acid g | 1.494 | | 0 | | 1 | | 0.424 | 2.540 | |
| Glutamic acid g | 1.446 | | 0 | | 1 | | 0.410 | 2.458 | |
| Glycine g | 0.268 | | 0 | | 1 | | 0.076 | 0.456 | |
| Proline g | 0.394 | | 0 | | 1 | | 0.112 | 0.670 | |
| Serine g | 0.357 | | 0 | | 1 | | 0.101 | 0.607 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19421**

**Snacks, potato chips, cheese-flavor**

Measure 2 = 170g: 1 bag (6 oz)

**Calories Factors: Protein** 3 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19437**
**Snacks, potato chips, fat free, salted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | | 0 | MC | 9 | | 0.57 | 4.54 | |
| Energy | kcal | 379 | | 0 | NC | 4 | | 107 | 860 | |
| Energy | kJ | 1586 | | 0 | NC | 4 | | 450 | 3600 | |
| Protein | g | 9.64 | | 0 | MA | 12 | | 2.73 | 21.88 | |
| Total lipid (fat) | g | 0.60 | | 0 | NC | 4 | | 0.17 | 1.36 | |
| Ash | g | 4.00 | | 0 | NC | 4 | | 1.13 | 9.08 | |
| Carbohydrate, by difference | g | 83.76 | | 0 | NC | 4 | | 23.75 | 190.14 | |
| Fiber, total dietary | g | 7.5 | | 0 | MA | 12 | | 2.1 | 17.0 | |
| Sugars, total | g | 3.69 | | 0 | BFSN | 4 | | 1.05 | 8.38 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 35 | | 0 | MA | 12 | | 10 | 79 | |
| Iron, Fe | mg | 3.57 | | 0 | MA | 12 | | 1.01 | 8.10 | |
| Magnesium, Mg | mg | 70 | | 0 | BFAN | 4 | | 20 | 159 | |
| Phosphorus, P | mg | 167 | | 0 | BFAN | 4 | | 47 | 379 | |
| Potassium, K | mg | 1628 | | 0 | MC | 9 | | 462 | 3696 | |
| Sodium, Na | mg | 643 | | 0 | MA | 12 | | 182 | 1460 | |
| Zinc, Zn | mg | 0.74 | | 0 | BFAN | 4 | | 0.21 | 1.68 | |
| Copper, Cu | mg | 0.174 | | 0 | BFAN | 4 | | 0.049 | 0.395 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 18.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 9.3 | | 0 | MA | 12 | | 2.6 | 21.1 | |
| Thiamin | mg | 1.080 | | 0 | BFSN | 4 | | 0.306 | 2.452 | |
| Riboflavin | mg | 0.115 | | 0 | BFSN | 4 | | 0.033 | 0.261 | |
| Niacin | mg | 6.446 | | 0 | BFSN | 4 | | 1.827 | 14.632 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.800 | | 0 | BFSN | 4 | | 0.227 | 1.816 | |
| Folate, total | µg | 45 | | 0 | | 1 | | 13 | 102 | |
| Folic acid | µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Folate, food | µg | 45 | | 0 | NR | 4 | | 13 | 102 | |
| Folate, DFE | mcg_DFE | 45 | | 0 | NC | 4 | | 13 | 102 | |
| Choline, total | mg | 54.1 | | 0 | FLA | 4 | | 15.3 | 122.9 | |
| 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 | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | 7 | | 0 | BFSN | 4 | | 2 | 15 | |
| Carotene, alpha | µg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 11 | | 0 | NC | 4 | | 3 | 26 | |
| Lycopene | µg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 39 | | 0 | BFSN | 4 | | 11 | 88 | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | | 0 | BFSN | 4 | | 0.01 | 0.08 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 9.1 | | 0 | BFSN | 4 | | 2.6 | 20.7 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19437**
**Snacks, potato chips, fat free, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.150 | | 0 | BFFN | 4 | | 0.043 | 0.341 | |
| 4:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.015 | | 0 | BFFN | 4 | | 0.004 | 0.034 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.110 | | 0 | BFFN | 4 | | 0.031 | 0.250 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.015 | | 0 | BFFN | 4 | | 0.004 | 0.034 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.015 | | 0 | BFFN | 4 | | 0.004 | 0.034 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.015 | | 0 | BFFN | 4 | | 0.004 | 0.034 | |
| 20:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.255 | | 0 | BFFN | 4 | | 0.072 | 0.579 | |
| 18:2 undifferentiated....g | 0.200 | | 0 | BFFN | 4 | | 0.057 | 0.454 | |
| 18:3 undifferentiated....g | 0.060 | | 0 | BFFN | 4 | | 0.017 | 0.136 | |
| 18:4....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

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

**Food Group:** 25 Snacks

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

**NDB No. 19423**
**Snacks, potato chips, fat-free, made with olestra**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | | 0 | MC | 9 | | 0.57 | | |
| Energy | kcal | 274 | | 0 | NC | 4 | | 78 | | |
| Energy | kJ | 1147 | | 0 | NC | 4 | | 325 | | |
| Protein | g | 7.74 | | 1 | A | 1 | | 2.19 | | |
| Total lipid (fat) | g | 0.70 | | 1 | A | 1 | | 0.20 | | |
| Ash | g | 4.57 | | 1 | A | 1 | | 1.30 | | |
| Carbohydrate, by difference | g | 65.00 | | 0 | NR | 4 | | 18.43 | | |
| Fiber, total dietary | g | 6.8 | | 1 | A | 1 | | 1.9 | | |
| Sugars, total | g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Starch | g | 58.20 | | 1 | A | 1 | | 16.50 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 35 | | 1 | A | 1 | | 10 | | |
| Iron, Fe | mg | 2.40 | | 1 | A | 1 | | 0.68 | | |
| Magnesium, Mg | mg | 69 | | 1 | A | 1 | | 20 | | |
| Phosphorus, P | mg | 174 | | 1 | A | 1 | | 49 | | |
| Potassium, K | mg | 1160 | | 1 | A | 1 | | 329 | | |
| Sodium, Na | mg | 554 | | 1 | A | 1 | | 157 | | |
| Zinc, Zn | mg | 3.50 | | 1 | A | 1 | | 0.99 | | |
| Copper, Cu | mg | 0.440 | | 1 | A | 1 | | 0.125 | | |
| Manganese, Mn | mg | 0.770 | | 1 | A | 1 | | 0.218 | | |
| Selenium, Se | µg | 0.9 | | 1 | A | 1 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 28.3 | | 1 | A | 1 | | 8.0 | | |
| Thiamin | mg | 0.329 | | 1 | A | 1 | | 0.093 | | |
| Riboflavin | mg | 0.050 | | 1 | A | 1 | | 0.014 | | |
| Niacin | mg | 4.370 | | 1 | A | 1 | | 1.239 | | |
| Pantothenic acid | mg | 0.981 | | 1 | A | 1 | | 0.278 | | |
| Vitamin B-6 | mg | 0.158 | | 1 | A | 1 | | 0.045 | | |
| Folate, total | µg | 83 | | 1 | A | 1 | | 24 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 83 | | 1 | A | 1 | | 24 | | |
| Folate, DFE | mcg_DFE | 83 | | 0 | NC | 4 | | 24 | | |
| Choline, total | mg | 38.8 | | 0 | AS | 1 | | 11.0 | | |
| Betaine | mg | 1.0 | | 1 | A | 1 | | 0.3 | | |
| Vitamin B-12 | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 0 | | 1 | A | 1 | | 0 | | |
| Carotene, alpha | µg | 0 | | 1 | A | 1 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene | µg | 0 | | 1 | A | 1 | | 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 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.0 | | 0 | S | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19423**
**Snacks, potato chips, fat-free, made with olestra**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.240 | | 0 | NC | 4 | | 0.068 | | |
| 4:0....g | 0.000 | | 1 | MA | 12 | | 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 | 0.007 | | 1 | A | 1 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.009 | | 1 | A | 1 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.172 | | 1 | A | 1 | | 0.049 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.037 | | 1 | A | 1 | | 0.010 | | |
| 20:0....g | 0.004 | | 1 | A | 1 | | 0.001 | | |
| 22:0....g | 0.011 | | 1 | A | 1 | | 0.003 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.180 | | 0 | NC | 4 | | 0.051 | | |
| 14:1....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.006 | | 1 | A | 1 | | 0.002 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.174 | | 1 | A | 1 | | 0.049 | | |
| 20:1....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 1 | MA | 12 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.304 | | 0 | NC | 4 | | 0.086 | | |
| 18:2 undifferentiated....g | 0.275 | | 1 | MA | 12 | | 0.078 | | |
| 18:3 undifferentiated....g | 0.029 | | 1 | A | 1 | | 0.008 | | |
| 18:4....g | 0.000 | | 1 | MA | 12 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 1 | MA | 12 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 1 | MA | 12 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 1 | MA | 12 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | MA | 12 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19412**

**Snacks, potato chips, made from dried potatoes, cheese-flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.90 | | 1 | | 1 | | 0.54 | 3.63 | |
| Energy | kcal | 551 | | 0 | NC | 4 | | 156 | 1052 | |
| Energy | kJ | 2305 | | 0 | | 4 | | 654 | 4403 | |
| Protein (N x 6.3) | g | 7.00 | | 1 | | 1 | | 1.98 | 13.37 | |
| Total lipid (fat) | g | 37.00 | | 1 | | 1 | | 10.49 | 70.67 | |
| Ash | g | 3.50 | | 1 | | 1 | | 0.99 | 6.69 | |
| Carbohydrate, by difference | g | 50.60 | | 0 | NC | 4 | | 14.35 | 96.65 | |
| Fiber, total dietary | g | 3.4 | | 0 | | 4 | | 0.9 | 6.4 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 110 | | 1 | | 1 | | 31 | 210 | |
| Iron, Fe | mg | 1.60 | | 1 | | 1 | | 0.45 | 3.06 | |
| Magnesium, Mg | mg | 53 | | 1 | | 4 | | 15 | 101 | |
| Phosphorus, P | mg | 163 | | 1 | | 4 | | 46 | 311 | |
| Potassium, K | mg | 381 | | 1 | | 4 | | 108 | 728 | |
| Sodium, Na | mg | 600 | | 0 | NR | 4 | | 170 | 1146 | |
| Zinc, Zn | mg | 0.64 | | 1 | | 4 | | 0.18 | 1.22 | |
| Copper, Cu | mg | 0.056 | | 1 | | 4 | | 0.016 | 0.107 | |
| Manganese, Mn | mg | 0.058 | | 1 | | 4 | | 0.016 | 0.111 | |
| Selenium, Se | µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 15.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.5 | | 1 | | 1 | | 2.4 | 16.2 | |
| Thiamin | mg | 0.180 | | 1 | | 1 | | 0.051 | 0.344 | |
| Riboflavin | mg | 0.120 | | 1 | | 1 | | 0.034 | 0.229 | |
| Niacin | mg | 2.600 | | 1 | | 1 | | 0.737 | 4.966 | |
| Pantothenic acid | mg | 0.338 | | 1 | | 4 | | 0.096 | 0.646 | |
| Vitamin B-6 | mg | 0.521 | | 1 | | 4 | | 0.148 | 0.995 | |
| Folate, total | µg | 18 | | 1 | | 4 | | 5 | 34 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 18 | | 1 | | 4 | | 5 | 34 | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 5 | 34 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Retinol | µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 3 | | 0 | O | 4 | | 1 | 6 | |
| 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 | 9.570 | | 0 | | 1 | | 2.713 | 18.279 | |
| 4:0 | g | 0.050 | | 1 | | 1 | | 0.014 | 0.096 | |

**NDB No. 19412**
**Snacks, potato chips, made from dried potatoes, cheese-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.030 | | 1 | | 1 | | 0.009 | 0.057 | |
| 8:0 g | 0.010 | | 1 | | 1 | | 0.003 | 0.019 | |
| 10:0 g | 0.040 | | 1 | | 1 | | 0.011 | 0.076 | |
| 12:0 g | 0.040 | | 1 | | 1 | | 0.011 | 0.076 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.470 | | 1 | | 1 | | 0.133 | 0.898 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 7.780 | | 1 | | 1 | | 2.206 | 14.860 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.160 | | 1 | | 1 | | 0.329 | 2.216 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.140 | | 0 | | 1 | | 2.024 | 13.637 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.360 | | 1 | | 1 | | 0.102 | 0.688 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.780 | | 1 | | 1 | | 1.922 | 12.950 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 18.660 | | 0 | | 1 | | 5.290 | 35.641 | |
| 18:2 undifferentiated g | 18.310 | | 1 | | 1 | | 5.191 | 34.972 | |
| 18:3 undifferentiated g | 0.350 | | 1 | | 1 | | 0.099 | 0.669 | |
| 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 | 4 | | 1 | | 1 | | 1 | 8 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.066 | | 0 | | 1 | | 0.019 | 0.126 | |
| Threonine g | 0.291 | | 0 | | 1 | | 0.082 | 0.556 | |
| Isoleucine g | 0.329 | | 0 | | 1 | | 0.093 | 0.628 | |
| Leucine g | 0.509 | | 0 | | 1 | | 0.144 | 0.972 | |
| Lysine g | 0.476 | | 0 | | 1 | | 0.135 | 0.909 | |
| Methionine g | 0.109 | | 0 | | 1 | | 0.031 | 0.208 | |
| Cystine g | 0.081 | | 0 | | 1 | | 0.023 | 0.155 | |
| Phenylalanine g | 0.320 | | 0 | | 1 | | 0.091 | 0.611 | |
| Tyrosine g | 0.282 | | 0 | | 1 | | 0.080 | 0.539 | |
| Valine g | 0.411 | | 0 | | 1 | | 0.117 | 0.785 | |
| Arginine g | 0.321 | | 0 | | 1 | | 0.091 | 0.613 | |
| Histidine g | 0.171 | | 0 | | 1 | | 0.048 | 0.327 | |
| Alanine g | 0.237 | | 0 | | 1 | | 0.067 | 0.453 | |
| Aspartic acid g | 1.062 | | 0 | | 1 | | 0.301 | 2.028 | |
| Glutamic acid g | 1.242 | | 0 | | 1 | | 0.352 | 2.372 | |
| Glycine g | 0.202 | | 0 | | 1 | | 0.057 | 0.386 | |
| Proline g | 0.395 | | 0 | | 1 | | 0.112 | 0.754 | |
| Serine g | 0.308 | | 0 | | 1 | | 0.087 | 0.588 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19412**

**Snacks, potato chips, made from dried potatoes, cheese-flavor**

Measure 2 = 191g: 1 can (6.25 oz)

**Calories Factors: Protein** 3.3 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19445**

**Snacks, potato chips, made from dried potatoes, fat-free, made with olestra**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.63 | 0.081 | 4 | A | 1 | | 0.75 | | |
| Energy....kcal | 253 | | 0 | NC | 4 | | 72 | | |
| Energy....kJ | 1057 | | 0 | NC | 4 | | 300 | | |
| Protein (N x 6.2)....g | 5.06 | 0.081 | 4 | A | 1 | | 1.44 | | |
| Total lipid (fat)....g | 0.93 | | 1 | A | 1 | | 0.26 | | |
| Ash....g | 2.84 | 0.053 | 4 | A | 1 | | 0.80 | | |
| Carbohydrate, by difference....g | 56.00 | | 0 | NR | 4 | | 15.88 | | |
| Fiber, total dietary....g | 7.3 | 0.846 | 4 | A | 1 | | 2.1 | | |
| Sugars, total....g | 0.59 | 0.295 | 4 | A | 1 | | 0.17 | | |
| Sucrose....g | 0.24 | 0.167 | 4 | A | 1 | | 0.07 | | |
| Glucose (dextrose)....g | 0.13 | 0.059 | 4 | A | 1 | | 0.04 | | |
| Fructose....g | 0.14 | 0.069 | 4 | A | 1 | | 0.04 | | |
| Lactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Maltose....g | 0.07 | 0.000 | 4 | A | 1 | | 0.02 | | |
| Galactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Starch....g | 46.07 | 0.541 | 4 | A | 1 | | 13.06 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | 0.723 | 4 | A | 1 | | 6 | | |
| Iron, Fe....mg | 1.14 | 0.015 | 4 | A | 1 | | 0.32 | | |
| Magnesium, Mg....mg | 48 | 0.232 | 4 | A | 1 | | 13 | | |
| Phosphorus, P....mg | 132 | 2.041 | 4 | A | 1 | | 37 | | |
| Potassium, K....mg | 931 | 8.655 | 4 | A | 1 | | 264 | | |
| Sodium, Na....mg | 429 | 15.370 | 4 | A | 1 | | 122 | | |
| Zinc, Zn....mg | 0.78 | 0.007 | 4 | A | 1 | | 0.22 | | |
| Copper, Cu....mg | 0.165 | 0.003 | 4 | A | 1 | | 0.047 | | |
| Manganese, Mn....mg | 0.394 | 0.003 | 4 | A | 1 | | 0.112 | | |
| Selenium, Se....µg | 2.9 | 0.372 | 4 | A | 1 | | 0.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 108.8 | | 1 | A | 1 | | 30.8 | | |
| Thiamin....mg | 0.177 | 0.017 | 4 | A | 1 | | 0.050 | | |
| Riboflavin....mg | 0.016 | 0.001 | 4 | A | 1 | | 0.005 | | |
| Niacin....mg | 3.397 | 0.473 | 4 | A | 1 | | 0.963 | | |
| Pantothenic acid....mg | 0.963 | 0.019 | 4 | A | 1 | | 0.273 | | |
| Vitamin B-6....mg | 0.532 | 0.019 | 4 | A | 1 | | 0.151 | | |
| Folate, total....µg | 67 | | 1 | A | 1 | | 19 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 67 | | 1 | A | 1 | | 19 | | |
| Folate, DFE....mcg_DFE | 67 | | 0 | NC | 4 | | 19 | | |
| Choline, total....mg | 38.8 | | 0 | O | 4 | | 11.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta....µg | 0 | | 1 | A | 1 | | 0 | | |
| Carotene, alpha....µg | 0 | | 1 | A | 1 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene....µg | 0 | | 1 | A | 1 | | 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 | | | | | | | | | |

**NDB No. 19445**

**Snacks, potato chips, made from dried potatoes, fat-free, made with olestra**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | |
| Vitamin K (phylloquinone)....µg | 328.6 | | 1 | A | 1 | | 93.2 | | |
| Dihydrophylloquinone....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.355 | | 0 | ML | 5 | | 0.101 | | |
| 4:0....g | 0.000 | | 0 | FLM | 4 | | 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 | 0.009 | | 0 | FLM | 4 | | 0.003 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | FLM | 4 | | 0.001 | | |
| 15:0....g | 0.007 | 0.000 | 4 | A | 1 | | 0.002 | | |
| 16:0....g | 0.162 | | 0 | FLM | 4 | | 0.046 | | |
| 17:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:0....g | 0.060 | | 0 | FLM | 4 | | 0.017 | | |
| 20:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:0....g | 0.015 | | 1 | A | 1 | | 0.004 | | |
| 24:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.300 | | 0 | FLM | 4 | | 0.085 | | |
| 14:1....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.300 | | 0 | FLM | 4 | | 0.085 | | |
| 20:1....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.190 | | 0 | FLM | 4 | | 0.054 | | |
| 18:2 undifferentiated....g | 0.160 | | 0 | FLM | 4 | | 0.045 | | |
| 18:3 undifferentiated....g | 0.030 | | 0 | FLM | 4 | | 0.009 | | |
| 18:4....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19045**

**Snacks, potato chips, made from dried potatoes, 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 | 2.22 | 0.076 | 4 | A | 1 | | 0.63 | 3.78 | |
| Energy....kcal | 502 | | 0 | NC | 4 | | 142 | 854 | |
| Energy....kJ | 2102 | | 0 | NC | 4 | | 596 | 3574 | |
| Protein (N x 6.25)....g | 4.56 | 0.105 | 4 | A | 1 | | 1.29 | 7.76 | |
| Total lipid (fat)....g | 26.14 | 0.270 | 4 | A | 1 | | 7.41 | 44.44 | |
| Ash....g | 2.31 | 0.158 | 4 | A | 1 | | 0.65 | 3.92 | |
| Carbohydrate, by difference....g | 64.90 | | 0 | NC | 4 | | 18.40 | 110.33 | |
| Fiber, total dietary....g | 3.2 | 0.111 | 4 | A | 1 | | 0.9 | 5.5 | |
| Sugars, total....g | 0.63 | 0.196 | 4 | A | 1 | | 0.18 | 1.07 | |
| Sucrose....g | 0.39 | 0.151 | 4 | A | 1 | | 0.11 | 0.67 | |
| Glucose (dextrose)....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Fructose....g | 0.16 | 0.052 | 4 | A | 1 | | 0.05 | 0.28 | |
| Lactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.07 | 0.000 | 4 | A | 1 | | 0.02 | 0.13 | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 29 | 1.325 | 4 | A | 1 | | 8 | 49 | |
| Iron, Fe....mg | 1.11 | 0.012 | 4 | A | 1 | | 0.31 | 1.89 | |
| Magnesium, Mg....mg | 45 | 0.883 | 4 | A | 1 | | 13 | 76 | |
| Phosphorus, P....mg | 129 | 3.301 | 4 | A | 1 | | 37 | 220 | |
| Potassium, K....mg | 760 | 22.551 | 4 | A | 1 | | 216 | 1292 | |
| Sodium, Na....mg | 411 | 8.276 | 4 | A | 1 | | 117 | 699 | |
| Zinc, Zn....mg | 0.70 | 0.014 | 4 | A | 1 | | 0.20 | 1.19 | |
| Copper, Cu....mg | 0.153 | 0.004 | 4 | A | 1 | | 0.044 | 0.261 | |
| Manganese, Mn....mg | 0.361 | 0.003 | 4 | A | 1 | | 0.102 | 0.614 | |
| Selenium, Se....µg | 2.9 | 0.233 | 4 | A | 1 | | 0.8 | 4.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.0 | | 1 | | 1 | | 3.4 | 20.4 | |
| Thiamin....mg | 0.212 | 0.036 | 4 | A | 1 | | 0.060 | 0.361 | |
| Riboflavin....mg | 0.015 | 0.000 | 4 | A | 1 | | 0.004 | 0.025 | |
| Niacin....mg | 3.595 | 0.064 | 4 | A | 1 | | 1.019 | 6.111 | |
| Pantothenic acid....mg | 0.830 | 0.029 | 4 | A | 1 | | 0.235 | 1.411 | |
| Vitamin B-6....mg | 0.412 | 0.023 | 4 | A | 1 | | 0.117 | 0.701 | |
| Folate, total....µg | 27 | | 0 | FLA | 4 | | 8 | 46 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 27 | | 0 | FLA | 4 | | 8 | 46 | |
| Folate, DFE....mcg_DFE | 27 | | 0 | NC | 4 | | 8 | 46 | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | 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 | | 1 | | 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 | 2.18 | | 0 | FLA | 4 | | 0.62 | 3.70 | |
| 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 | | | | | | | | | |

**NDB No. 19045**

**Snacks, potato chips, made from dried potatoes, 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 7.2 | | 0 | FLA | 4 | | 2.0 | 12.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.759 | | 0 | NC | 4 | | 1.916 | 11.491 | |
| 4:0....g | 0.007 | 0.002 | 4 | A | 1 | | 0.002 | 0.012 | |
| 6:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.006 | 0.000 | 4 | A | 1 | | 0.002 | 0.010 | |
| 10:0....g | 0.010 | 0.005 | 4 | A | 1 | | 0.003 | 0.017 | |
| 12:0....g | 0.007 | 0.000 | 4 | A | 1 | | 0.002 | 0.011 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.192 | 0.001 | 4 | A | 1 | | 0.054 | 0.326 | |
| 15:0....g | 0.007 | 0.000 | 4 | A | 1 | | 0.002 | 0.012 | |
| 16:0....g | 5.806 | 0.075 | 4 | A | 1 | | 1.646 | 9.870 | |
| 17:0....g | 0.020 | 0.000 | 4 | A | 1 | | 0.006 | 0.034 | |
| 18:0....g | 0.653 | 0.007 | 4 | A | 1 | | 0.185 | 1.110 | |
| 20:0....g | 0.035 | 0.020 | 4 | A | 1 | | 0.010 | 0.060 | |
| 22:0....g | 0.017 | 0.010 | 4 | A | 1 | | 0.005 | 0.030 | |
| 24:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 4.553 | | 0 | NC | 4 | | 1.291 | 7.740 | |
| 14:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.126 | 0.001 | 4 | AS | 1 | | 0.036 | 0.215 | |
| 16:1 c....g | 0.126 | 0.001 | 4 | A | 1 | | 0.036 | 0.214 | |
| 16:1 t....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 17:1....g | 0.005 | 0.003 | 4 | A | 1 | | 0.002 | 0.009 | |
| 18:1 undifferentiated....g | 4.389 | 0.065 | 4 | AS | 1 | | 1.244 | 7.462 | |
| 18:1 c....g | 4.356 | 0.058 | 4 | A | 1 | | 1.235 | 7.405 | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.033 | 0.006 | 4 | A | 1 | | 0.009 | 0.057 | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.021 | 0.001 | 4 | A | 1 | | 0.006 | 0.036 | |
| 22:1 undifferentiated....g | 0.001 | 0.000 | 4 | AS | 1 | | 0.000 | 0.001 | |
| 22:1 c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | 0.001 | |
| 24:1 c....g | 0.009 | 0.001 | 4 | A | 1 | | 0.003 | 0.016 | |
| Fatty acids, total polyunsaturated....g | 12.201 | | 0 | NC | 4 | | 3.459 | 20.742 | |
| 18:2 undifferentiated....g | 12.123 | 0.232 | 4 | AS | 1 | | 3.437 | 20.608 | |
| 18:2 n-6 c,c....g | 11.986 | 0.229 | 4 | A | 1 | | 3.398 | 20.376 | |
| 18:2 CLAs....g | 0.032 | 0.002 | 4 | A | 1 | | 0.009 | 0.055 | |
| 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 | 0.105 | 0.003 | 4 | A | 1 | | 0.030 | 0.178 | |
| 18:3 undifferentiated....g | 0.043 | 0.001 | 4 | AS | 1 | | 0.012 | 0.073 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.043 | 0.001 | 4 | A | 1 | | 0.012 | 0.073 | |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.002 | 0.000 | 4 | A | 1 | | 0.001 | 0.003 | |
| 20:3 undifferentiated....g | 0.001 | 0.000 | 4 | AS | 1 | | 0.000 | 0.001 | |
| 20:3 n-3....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | 0.001 | |
| 20:4 undifferentiated....g | 0.001 | 0.000 | 4 | A | 1 | | 0.000 | 0.001 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.019 | 0.007 | 4 | A | 1 | | 0.006 | 0.033 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.002 | 0.001 | 4 | A | 1 | | 0.000 | 0.003 | |
| 22:5 n-3 (DPA)....g | 0.004 | 0.002 | 4 | A | 1 | | 0.001 | 0.008 | |

**NDB No. 19045**

**Snacks, potato chips, made from dried potatoes, 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 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.139 | | 0 | NC | 4 | | 0.039 | 0.236 | |
| Fatty acids, total trans-monoenoic....g | 0.034 | | 0 | NC | 4 | | 0.010 | 0.058 | |
| Fatty acids, total trans-polyenoic....g | 0.105 | | 0 | NC | 4 | | 0.030 | 0.178 | |
| Cholesterol....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.044 | | 0 | | 1 | | 0.012 | 0.075 | |
| Threonine....g | 0.245 | | 0 | | 1 | | 0.069 | 0.417 | |
| Isoleucine....g | 0.248 | | 0 | | 1 | | 0.070 | 0.422 | |
| Leucine....g | 0.369 | | 0 | | 1 | | 0.105 | 0.627 | |
| Lysine....g | 0.353 | | 0 | | 1 | | 0.100 | 0.600 | |
| Methionine....g | 0.065 | | 0 | | 1 | | 0.018 | 0.111 | |
| Cystine....g | 0.073 | | 0 | | 1 | | 0.021 | 0.124 | |
| Phenylalanine....g | 0.258 | | 0 | | 1 | | 0.073 | 0.439 | |
| Tyrosine....g | 0.221 | | 0 | | 1 | | 0.063 | 0.376 | |
| Valine....g | 0.329 | | 0 | | 1 | | 0.093 | 0.559 | |
| Arginine....g | 0.272 | | 0 | | 1 | | 0.077 | 0.462 | |
| Histidine....g | 0.125 | | 0 | | 1 | | 0.035 | 0.213 | |
| Alanine....g | 0.202 | | 0 | | 1 | | 0.057 | 0.343 | |
| Aspartic acid....g | 1.134 | | 0 | | 1 | | 0.321 | 1.928 | |
| Glutamic acid....g | 0.939 | | 0 | | 1 | | 0.266 | 1.596 | |
| Glycine....g | 0.194 | | 0 | | 1 | | 0.055 | 0.330 | |
| Proline....g | 0.204 | | 0 | | 1 | | 0.058 | 0.347 | |
| Serine....g | 0.230 | | 0 | | 1 | | 0.065 | 0.391 | |
| 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 = 28.35g: 1 oz

Measure 2 = 170g: 1 can (6 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19046**

**Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | | 1 | | 1 | | 0.57 | 3.96 | |
| Energy | kcal | 547 | | 0 | NC | 4 | | 155 | 1083 | |
| Energy | kJ | 2289 | | 0 | | 4 | | 649 | 4532 | |
| Protein (N x 6.3) | g | 6.60 | | 1 | | 1 | | 1.87 | 13.07 | |
| Total lipid (fat) | g | 37.00 | | 1 | | 1 | | 10.49 | 73.26 | |
| Ash | g | 3.10 | | 1 | | 1 | | 0.88 | 6.14 | |
| Carbohydrate, by difference | g | 51.30 | | 0 | NC | 4 | | 14.54 | 101.57 | |
| Fiber, total dietary | g | 1.2 | | 0 | | 4 | | 0.3 | 2.4 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 64 | | 1 | | 1 | | 18 | 127 | |
| Iron, Fe | mg | 1.40 | | 1 | | 1 | | 0.40 | 2.77 | |
| Magnesium, Mg | mg | 55 | | 1 | | 4 | | 16 | 109 | |
| Phosphorus, P | mg | 169 | | 1 | | 4 | | 48 | 335 | |
| Potassium, K | mg | 496 | | 1 | | 4 | | 141 | 982 | |
| Sodium, Na | mg | 541 | | 0 | T | 4 | | 153 | 1071 | |
| Zinc, Zn | mg | 0.71 | | 1 | | 4 | | 0.20 | 1.41 | |
| Copper, Cu | mg | 0.063 | | 1 | | 4 | | 0.018 | 0.125 | |
| Manganese, Mn | mg | 0.405 | | 1 | | 4 | | 0.115 | 0.802 | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 9.5 | | 1 | | 1 | | 2.7 | 18.8 | |
| Thiamin | mg | 0.180 | | 1 | | 1 | | 0.051 | 0.356 | |
| Riboflavin | mg | 0.100 | | 1 | | 1 | | 0.028 | 0.198 | |
| Niacin | mg | 2.500 | | 1 | | 1 | | 0.709 | 4.950 | |
| Pantothenic acid | mg | 0.827 | | 1 | | 4 | | 0.234 | 1.637 | |
| Vitamin B-6 | mg | 0.476 | | 1 | | 4 | | 0.135 | 0.942 | |
| Folate, total | µg | 23 | | 1 | | 4 | | 7 | 46 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 23 | | 1 | | 4 | | 7 | 46 | |
| Folate, DFE | mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 46 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | µg | | | | | | | | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 755 | | 1 | | 4 | | 214 | 1495 | |
| 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 | 9.470 | | 0 | | 1 | | 2.685 | 18.751 | |
| 4:0 | g | 0.040 | | 1 | | 1 | | 0.011 | 0.079 | |

**NDB No. 19046**

**Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.020 | | 1 | | 1 | | 0.006 | 0.040 | |
| 8:0 g | 0.010 | | 1 | | 1 | | 0.003 | 0.020 | |
| 10:0 g | 0.030 | | 1 | | 1 | | 0.009 | 0.059 | |
| 12:0 g | 0.030 | | 1 | | 1 | | 0.009 | 0.059 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.450 | | 1 | | 1 | | 0.128 | 0.891 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 7.770 | | 1 | | 1 | | 2.203 | 15.385 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.140 | | 1 | | 1 | | 0.323 | 2.257 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.120 | | 0 | | 1 | | 2.019 | 14.098 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.360 | | 1 | | 1 | | 0.102 | 0.713 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.760 | | 1 | | 1 | | 1.916 | 13.385 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 18.780 | | 0 | | 1 | | 5.324 | 37.184 | |
| 18:2 undifferentiated g | 18.430 | | 1 | | 1 | | 5.225 | 36.491 | |
| 18:3 undifferentiated g | 0.350 | | 1 | | 1 | | 0.099 | 0.693 | |
| 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 | 3 | | 1 | | 1 | | 1 | 6 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.072 | | 0 | | 1 | | 0.020 | 0.143 | |
| Threonine g | 0.284 | | 0 | | 1 | | 0.081 | 0.562 | |
| Isoleucine g | 0.313 | | 0 | | 1 | | 0.089 | 0.620 | |
| Leucine g | 0.485 | | 0 | | 1 | | 0.137 | 0.960 | |
| Lysine g | 0.437 | | 0 | | 1 | | 0.124 | 0.865 | |
| Methionine g | 0.102 | | 0 | | 1 | | 0.029 | 0.202 | |
| Cystine g | 0.076 | | 0 | | 1 | | 0.022 | 0.150 | |
| Phenylalanine g | 0.290 | | 0 | | 1 | | 0.082 | 0.574 | |
| Tyrosine g | 0.254 | | 0 | | 1 | | 0.072 | 0.503 | |
| Valine g | 0.380 | | 0 | | 1 | | 0.108 | 0.752 | |
| Arginine g | 0.306 | | 0 | | 1 | | 0.087 | 0.606 | |
| Histidine g | 0.148 | | 0 | | 1 | | 0.042 | 0.293 | |
| Alanine g | 0.252 | | 0 | | 1 | | 0.071 | 0.499 | |
| Aspartic acid g | 0.928 | | 0 | | 1 | | 0.263 | 1.837 | |
| Glutamic acid g | 1.100 | | 0 | | 1 | | 0.312 | 2.178 | |
| Glycine g | 0.206 | | 0 | | 1 | | 0.058 | 0.408 | |
| Proline g | 0.373 | | 0 | | 1 | | 0.106 | 0.739 | |
| Serine g | 0.291 | | 0 | | 1 | | 0.082 | 0.576 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19046**

**Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor**

Measure 2 = 198g: 1 can (6.75 oz)

**Calories Factors: Protein** 3.3 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19809**

**Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.90 | 0.053 | 191 | | 1 | | 0.54 | 4.31 | |
| Energy....kcal | 536 | | 0 | NC | 4 | | 152 | 1217 | |
| Energy....kJ | 2243 | | | | 4 | | 636 | 5091 | |
| Protein (N x 6.25)....g | 7.00 | 0.122 | 145 | | 1 | | 1.98 | 15.89 | |
| Total lipid (fat)....g | 34.60 | 0.248 | 158 | | 1 | | 9.81 | 78.54 | |
| Ash....g | 3.60 | 0.068 | 157 | | 1 | | 1.02 | 8.17 | |
| Carbohydrate, by difference....g | 52.90 | | 0 | NC | 4 | | 15.00 | 120.08 | |
| Fiber, total dietary....g | 4.8 | | 0 | | 4 | | 1.4 | 10.9 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | 0.518 | 223 | | 1 | | 7 | 54 | |
| Iron, Fe....mg | 1.63 | 0.028 | 248 | | 1 | | 0.46 | 3.70 | |
| Magnesium, Mg....mg | 67 | 0.605 | 240 | | 1 | | 19 | 152 | |
| Phosphorus, P....mg | 165 | 2.256 | 237 | | 1 | | 47 | 375 | |
| Potassium, K....mg | 1275 | 11.564 | 234 | | 1 | | 361 | 2894 | |
| Sodium, Na....mg | 594 | 9.375 | 251 | | 1 | | 168 | 1348 | |
| Zinc, Zn....mg | 1.09 | 0.048 | 88 | | 1 | | 0.31 | 2.47 | |
| Copper, Cu....mg | 0.306 | 0.009 | 218 | | 1 | | 0.087 | 0.695 | |
| Manganese, Mn....mg | 0.440 | 0.010 | 210 | | 1 | | 0.125 | 0.999 | |
| Selenium, Se....µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 18.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 31.1 | 1.498 | 93 | | 1 | | 8.8 | 70.6 | |
| Thiamin....mg | 0.167 | 0.008 | 125 | | 1 | | 0.047 | 0.379 | |
| Riboflavin....mg | 0.197 | 0.013 | 122 | | 1 | | 0.056 | 0.447 | |
| Niacin....mg | 3.827 | 0.133 | 129 | | 1 | | 1.085 | 8.687 | |
| Pantothenic acid....mg | 0.402 | 0.031 | 24 | | 1 | | 0.114 | 0.913 | |
| Vitamin B-6....mg | 0.660 | 0.029 | 73 | | 1 | | 0.187 | 1.498 | |
| Folate, total....µg | 45 | 0.735 | 24 | | 1 | | 13 | 102 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 45 | 0.735 | 24 | | 1 | | 13 | 102 | |
| Folate, DFE....mcg_DFE | 45 | | 0 | NC | 4 | | 13 | 102 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 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 | 0.000 | 5 | | 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 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 | 5.430 | | 0 | | 1 | | 1.539 | 12.326 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19809**

**Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.970 | | 1 | | 1 | | 1.125 | 9.012 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.460 | | 1 | | 1 | | 0.414 | 3.314 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 18.000 | | 0 | | 1 | | 5.103 | 40.860 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 17.930 | | 1 | | 1 | | 5.083 | 40.701 | |
| 20:1....g | 0.070 | | 1 | | 1 | | 0.020 | 0.159 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 9.160 | | 0 | | 1 | | 2.597 | 20.793 | |
| 18:2 undifferentiated....g | 8.900 | | 1 | | 1 | | 2.523 | 20.203 | |
| 18:3 undifferentiated....g | 0.260 | | 1 | | 1 | | 0.074 | 0.590 | |
| 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 | 0.000 | 24 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.108 | | 0 | | 1 | | 0.031 | 0.245 | |
| Threonine....g | 0.253 | | 0 | | 1 | | 0.072 | 0.574 | |
| Isoleucine....g | 0.283 | | 0 | | 1 | | 0.080 | 0.642 | |
| Leucine....g | 0.419 | | 0 | | 1 | | 0.119 | 0.951 | |
| Lysine....g | 0.424 | | 0 | | 1 | | 0.120 | 0.962 | |
| Methionine....g | 0.110 | | 0 | | 1 | | 0.031 | 0.250 | |
| Cystine....g | 0.089 | | 0 | | 1 | | 0.025 | 0.202 | |
| Phenylalanine....g | 0.310 | | 0 | | 1 | | 0.088 | 0.704 | |
| Tyrosine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.588 | |
| Valine....g | 0.392 | | 0 | | 1 | | 0.111 | 0.890 | |
| Arginine....g | 0.321 | | 0 | | 1 | | 0.091 | 0.729 | |
| Histidine....g | 0.153 | | 0 | | 1 | | 0.043 | 0.347 | |
| Alanine....g | 0.214 | | 0 | | 1 | | 0.061 | 0.486 | |
| Aspartic acid....g | 1.706 | | 0 | | 1 | | 0.484 | 3.873 | |
| Glutamic acid....g | 1.170 | | 0 | | 1 | | 0.332 | 2.656 | |
| Glycine....g | 0.207 | | 0 | | 1 | | 0.059 | 0.470 | |
| Proline....g | 0.251 | | 0 | | 1 | | 0.071 | 0.570 | |
| Serine....g | 0.303 | | 0 | | 1 | | 0.086 | 0.688 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19809**

**Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted**

Measure 2 = 227g: 1 bag (8 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19810**

**Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.90 | 0.053 | 191 | | 1 | | 0.54 | 4.31 | |
| Energy....kcal | 536 | | 0 | NC | 4 | | 152 | 1217 | |
| Energy....kJ | 2243 | | | | 4 | | 636 | 5091 | |
| Protein (N x 6.25)....g | 7.00 | 0.122 | 145 | | 1 | | 1.98 | 15.89 | |
| Total lipid (fat)....g | 34.60 | 0.248 | 158 | | 1 | | 9.81 | 78.54 | |
| Ash....g | 3.60 | 0.068 | 157 | | 1 | | 1.02 | 8.17 | |
| Carbohydrate, by difference....g | 52.90 | | 0 | NC | 4 | | 15.00 | 120.08 | |
| Fiber, total dietary....g | 4.8 | | 0 | | 4 | | 1.4 | 10.9 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | 0.518 | 223 | | 1 | | 7 | 54 | |
| Iron, Fe....mg | 1.63 | 0.028 | 248 | | 1 | | 0.46 | 3.70 | |
| Magnesium, Mg....mg | 67 | 0.605 | 240 | | 1 | | 19 | 152 | |
| Phosphorus, P....mg | 165 | 2.256 | 237 | | 1 | | 47 | 375 | |
| Potassium, K....mg | 1275 | 11.564 | 234 | | 1 | | 361 | 2894 | |
| Sodium, Na....mg | 8 | | 0 | | 1 | | 2 | 18 | |
| Zinc, Zn....mg | 1.09 | 0.048 | 88 | | 1 | | 0.31 | 2.47 | |
| Copper, Cu....mg | 0.306 | 0.009 | 218 | | 1 | | 0.087 | 0.695 | |
| Manganese, Mn....mg | 0.440 | 0.010 | 210 | | 1 | | 0.125 | 0.999 | |
| Selenium, Se....µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 18.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 31.1 | 1.498 | 93 | | 1 | | 8.8 | 70.6 | |
| Thiamin....mg | 0.167 | 0.008 | 125 | | 1 | | 0.047 | 0.379 | |
| Riboflavin....mg | 0.197 | 0.013 | 122 | | 1 | | 0.056 | 0.447 | |
| Niacin....mg | 3.827 | 0.133 | 129 | | 1 | | 1.085 | 8.687 | |
| Pantothenic acid....mg | 0.402 | 0.031 | 24 | | 1 | | 0.114 | 0.913 | |
| Vitamin B-6....mg | 0.660 | 0.029 | 73 | | 1 | | 0.187 | 1.498 | |
| Folate, total....µg | 45 | 0.735 | 24 | | 1 | | 13 | 102 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 45 | 0.735 | 24 | | 1 | | 13 | 102 | |
| Folate, DFE....mcg_DFE | 45 | | 0 | NC | 4 | | 13 | 102 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 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 | 0.000 | 5 | | 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 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 | 5.430 | | 0 | | 1 | | 1.539 | 12.326 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19810**

**Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 3.970 | | 1 | | 1 | | 1.125 | 9.012 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.460 | | 1 | | 1 | | 0.414 | 3.314 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 18.000 | | 0 | | 1 | | 5.103 | 40.860 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 17.930 | | 1 | | 1 | | 5.083 | 40.701 | |
| 20:1....g | 0.070 | | 1 | | 1 | | 0.020 | 0.159 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 9.160 | | 0 | | 1 | | 2.597 | 20.793 | |
| 18:2 undifferentiated....g | 8.900 | | 1 | | 1 | | 2.523 | 20.203 | |
| 18:3 undifferentiated....g | 0.260 | | 1 | | 1 | | 0.074 | 0.590 | |
| 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 | 0.000 | 24 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.108 | | 0 | | 1 | | 0.031 | 0.245 | |
| Threonine....g | 0.253 | | 0 | | 1 | | 0.072 | 0.574 | |
| Isoleucine....g | 0.283 | | 0 | | 1 | | 0.080 | 0.642 | |
| Leucine....g | 0.419 | | 0 | | 1 | | 0.119 | 0.951 | |
| Lysine....g | 0.424 | | 0 | | 1 | | 0.120 | 0.962 | |
| Methionine....g | 0.110 | | 0 | | 1 | | 0.031 | 0.250 | |
| Cystine....g | 0.089 | | 0 | | 1 | | 0.025 | 0.202 | |
| Phenylalanine....g | 0.310 | | 0 | | 1 | | 0.088 | 0.704 | |
| Tyrosine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.588 | |
| Valine....g | 0.392 | | 0 | | 1 | | 0.111 | 0.890 | |
| Arginine....g | 0.321 | | 0 | | 1 | | 0.091 | 0.729 | |
| Histidine....g | 0.153 | | 0 | | 1 | | 0.043 | 0.347 | |
| Alanine....g | 0.214 | | 0 | | 1 | | 0.061 | 0.486 | |
| Aspartic acid....g | 1.706 | | 0 | | 1 | | 0.484 | 3.873 | |
| Glutamic acid....g | 1.170 | | 0 | | 1 | | 0.332 | 2.656 | |
| Glycine....g | 0.207 | | 0 | | 1 | | 0.059 | 0.470 | |
| Proline....g | 0.251 | | 0 | | 1 | | 0.071 | 0.570 | |
| Serine....g | 0.303 | | 0 | | 1 | | 0.086 | 0.688 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19810**

**Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted**

Measure 2 = 227g: 1 bag (8 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19411**
**Snacks, potato chips, plain, salted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.28 | 0.070 | 6 | A | 1 | | 0.65 | 5.18 | |
| Energy....kcal | 542 | | 0 | NC | 4 | | 154 | 1230 | |
| Energy....kJ | 2267 | | 0 | NC | 4 | | 643 | 5147 | |
| Protein (N x 6.25)....g | 6.56 | 0.065 | 6 | A | 1 | | 1.86 | 14.89 | |
| Total lipid (fat)....g | 36.40 | | 0 | O | 4 | | 10.32 | 82.63 | |
| Ash....g | 3.95 | 0.103 | 6 | A | 1 | | 1.12 | 8.96 | |
| Carbohydrate, by difference....g | 50.81 | | 0 | NC | 4 | | 14.41 | 115.34 | |
| Fiber, total dietary....g | 4.4 | | 0 | NR | 4 | | 1.2 | 10.0 | |
| Sugars, total....g | 0.37 | 0.033 | 5 | A | 1 | | 0.10 | 0.84 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | 0.518 | 223 | | 1 | | 7 | 54 | |
| Iron, Fe....mg | 1.61 | 0.063 | 6 | A | 1 | | 0.46 | 3.65 | |
| Magnesium, Mg....mg | 70 | 2.437 | 6 | A | 1 | | 20 | 158 | |
| Phosphorus, P....mg | 155 | 2.049 | 6 | A | 1 | | 44 | 352 | |
| Potassium, K....mg | 1642 | 34.968 | 6 | A | 1 | | 465 | 3727 | |
| Sodium, Na....mg | 480 | | 0 | T | 4 | | 136 | 1090 | |
| Zinc, Zn....mg | 2.39 | 1.268 | 6 | A | 1 | | 0.68 | 5.43 | |
| Copper, Cu....mg | 0.398 | 0.018 | 6 | A | 1 | | 0.113 | 0.902 | |
| Manganese, Mn....mg | 0.664 | 0.194 | 6 | A | 1 | | 0.188 | 1.507 | |
| Selenium, Se....µg | 8.1 | 0.815 | 34 | A | 1 | | 2.3 | 18.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 18.6 | 0.887 | 5 | A | 1 | | 5.3 | 42.2 | |
| Thiamin....mg | 0.063 | 0.005 | 3 | A | 1 | | 0.018 | 0.142 | |
| Riboflavin....mg | 0.230 | 0.200 | 3 | A | 1 | | 0.065 | 0.522 | |
| Niacin....mg | 4.182 | 0.333 | 3 | A | 1 | | 1.186 | 9.493 | |
| Pantothenic acid....mg | 4.347 | 0.154 | 3 | A | 1 | | 1.232 | 9.867 | |
| Vitamin B-6....mg | 0.723 | 0.056 | 3 | A | 1 | | 0.205 | 1.641 | |
| Folate, total....µg | 75 | 8.376 | 4 | A | 1 | | 21 | 170 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 75 | 8.376 | 4 | A | 1 | | 21 | 170 | |
| Folate, DFE....mcg_DFE | 75 | | 0 | NC | 4 | | 21 | 170 | |
| Choline, total....mg | 12.1 | | 0 | AS | 1 | | 3.4 | 27.4 | |
| Betaine....mg | 0.2 | | 1 | A | 1 | | 0.0 | 0.4 | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | O | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | 0.000 | 5 | | 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 | 6.74 | | 0 | NR | 4 | | 1.91 | 15.30 | |
| 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 | 22.1 | | 2 | A | 1 | | 6.3 | 50.1 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19411**
**Snacks, potato chips, plain, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 4.014 | | 0 | FLA | 4 | | 1.138 | 9.111 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.003 | |
| 12:0....g | 0.008 | | 0 | FLA | 4 | | 0.002 | 0.018 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.006 | | 0 | FLA | 4 | | 0.002 | 0.014 | |
| 15:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 16:0....g | 2.830 | | 0 | FLA | 4 | | 0.802 | 6.424 | |
| 17:0....g | 0.011 | | 0 | FLA | 4 | | 0.003 | 0.026 | |
| 18:0....g | 1.084 | | 0 | FLA | 4 | | 0.307 | 2.460 | |
| 20:0....g | 0.073 | | 0 | FLA | 4 | | 0.021 | 0.166 | |
| 22:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 15.999 | | 0 | FLA | 4 | | 4.536 | 36.317 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.043 | | 0 | FLA | 4 | | 0.012 | 0.097 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 15.912 | | 0 | FLA | 4 | | 4.511 | 36.120 | |
| 20:1....g | 0.044 | | 0 | FLA | 4 | | 0.012 | 0.100 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 15.998 | | 0 | FLA | 4 | | 4.536 | 36.316 | |
| 18:2 undifferentiated....g | 15.827 | | 0 | FLA | 4 | | 4.487 | 35.926 | |
| 18:3 undifferentiated....g | 0.172 | | 0 | FLA | 4 | | 0.049 | 0.390 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.048 | | 0 | FLA | 4 | | 0.014 | 0.110 | |
| Cholesterol....mg | 0 | 0.000 | 24 | | 1 | | 0 | 0 | |
| Phytosterols....mg | 181 | | 0 | FLA | 4 | | 51 | 411 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.108 | | 0 | | 1 | | 0.031 | 0.245 | |
| Threonine....g | 0.253 | | 0 | | 1 | | 0.072 | 0.574 | |
| Isoleucine....g | 0.283 | | 0 | | 1 | | 0.080 | 0.642 | |
| Leucine....g | 0.419 | | 0 | | 1 | | 0.119 | 0.951 | |
| Lysine....g | 0.424 | | 0 | | 1 | | 0.120 | 0.962 | |
| Methionine....g | 0.110 | | 0 | | 1 | | 0.031 | 0.250 | |
| Cystine....g | 0.089 | | 0 | | 1 | | 0.025 | 0.202 | |
| Phenylalanine....g | 0.310 | | 0 | | 1 | | 0.088 | 0.704 | |
| Tyrosine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.588 | |
| Valine....g | 0.392 | | 0 | | 1 | | 0.111 | 0.890 | |
| Arginine....g | 0.321 | | 0 | | 1 | | 0.091 | 0.729 | |
| Histidine....g | 0.153 | | 0 | | 1 | | 0.043 | 0.347 | |
| Alanine....g | 0.214 | | 0 | | 1 | | 0.061 | 0.486 | |
| Aspartic acid....g | 1.706 | | 0 | | 1 | | 0.484 | 3.873 | |
| Glutamic acid....g | 1.170 | | 0 | | 1 | | 0.332 | 2.656 | |
| Glycine....g | 0.207 | | 0 | | 1 | | 0.059 | 0.470 | |
| Proline....g | 0.251 | | 0 | | 1 | | 0.071 | 0.570 | |
| Serine....g | 0.303 | | 0 | | 1 | | 0.086 | 0.688 | |
| 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. 19411**
**Snacks, potato chips, plain, salted**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19811**
**Snacks, potato chips, plain, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.90 | 0.053 | 191 | | 1 | | 0.54 | 4.31 | |
| Energy....kcal | 536 | | 0 | NC | 4 | | 152 | 1217 | |
| Energy....kJ | 2243 | | 0 | | 4 | | 636 | 5091 | |
| Protein (N x 6.25)....g | 7.00 | 0.122 | 145 | | 1 | | 1.98 | 15.89 | |
| Total lipid (fat)....g | 34.60 | 0.248 | 158 | | 1 | | 9.81 | 78.54 | |
| Ash....g | 3.60 | 0.068 | 157 | | 1 | | 1.02 | 8.17 | |
| Carbohydrate, by difference....g | 52.90 | | 0 | NC | 4 | | 15.00 | 120.08 | |
| Fiber, total dietary....g | 4.8 | | 0 | | 4 | | 1.4 | 10.9 | |
| Sugars, total....g | 0.22 | | 0 | O | 4 | | 0.06 | 0.50 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | 0.518 | 223 | | 1 | | 7 | 54 | |
| Iron, Fe....mg | 1.63 | 0.028 | 248 | | 1 | | 0.46 | 3.70 | |
| Magnesium, Mg....mg | 67 | 0.605 | 240 | | 1 | | 19 | 152 | |
| Phosphorus, P....mg | 165 | 2.256 | 237 | | 1 | | 47 | 375 | |
| Potassium, K....mg | 1275 | 11.564 | 234 | | 1 | | 361 | 2894 | |
| Sodium, Na....mg | 8 | | 0 | | 1 | | 2 | 18 | |
| Zinc, Zn....mg | 1.09 | 0.048 | 88 | | 1 | | 0.31 | 2.47 | |
| Copper, Cu....mg | 0.306 | 0.009 | 218 | | 1 | | 0.087 | 0.695 | |
| Manganese, Mn....mg | 0.440 | 0.010 | 210 | | 1 | | 0.125 | 0.999 | |
| Selenium, Se....µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 18.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 31.1 | 1.498 | 93 | | 1 | | 8.8 | 70.6 | |
| Thiamin....mg | 0.167 | 0.008 | 125 | | 1 | | 0.047 | 0.379 | |
| Riboflavin....mg | 0.197 | 0.013 | 122 | | 1 | | 0.056 | 0.447 | |
| Niacin....mg | 3.827 | 0.133 | 129 | | 1 | | 1.085 | 8.687 | |
| Pantothenic acid....mg | 0.402 | 0.031 | 24 | | 1 | | 0.114 | 0.913 | |
| Vitamin B-6....mg | 0.660 | 0.029 | 73 | | 1 | | 0.187 | 1.498 | |
| Folate, total....µg | 45 | 0.735 | 24 | | 1 | | 13 | 102 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 45 | 0.735 | 24 | | 1 | | 13 | 102 | |
| Folate, DFE....mcg_DFE | 45 | | 0 | NC | 4 | | 13 | 102 | |
| Choline, total....mg | 37.5 | | 0 | FLA | 4 | | 10.6 | 85.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | 9.11 | | 0 | O | 4 | | 2.58 | 20.68 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 22.1 | | 0 | O | 4 | | 6.3 | 50.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19811**
**Snacks, potato chips, plain, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 10.960 | | 0 | | 1 | | 3.107 | 24.879 | |
| 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 | | 31 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.080 | | 31 | | 1 | | 0.023 | 0.182 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.300 | | 31 | | 1 | | 0.085 | 0.681 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 9.320 | | 31 | | 1 | | 2.642 | 21.156 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.110 | | 31 | | 1 | | 0.315 | 2.520 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.840 | | 0 | | 1 | | 2.790 | 22.337 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.180 | | 31 | | 1 | | 0.051 | 0.409 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.510 | | 31 | | 1 | | 2.696 | 21.588 | |
| 20:1....g | 0.150 | | 31 | | 1 | | 0.043 | 0.341 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 12.170 | | 0 | | 1 | | 3.450 | 27.626 | |
| 18:2 undifferentiated....g | 11.980 | | 31 | | 1 | | 3.396 | 27.195 | |
| 18:3 undifferentiated....g | 0.190 | | 31 | | 1 | | 0.054 | 0.431 | |
| 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 | 24 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.108 | | 0 | | 1 | | 0.031 | 0.245 | |
| Threonine....g | 0.253 | | 0 | | 1 | | 0.072 | 0.574 | |
| Isoleucine....g | 0.283 | | 0 | | 1 | | 0.080 | 0.642 | |
| Leucine....g | 0.419 | | 0 | | 1 | | 0.119 | 0.951 | |
| Lysine....g | 0.424 | | 0 | | 1 | | 0.120 | 0.962 | |
| Methionine....g | 0.110 | | 0 | | 1 | | 0.031 | 0.250 | |
| Cystine....g | 0.089 | | 0 | | 1 | | 0.025 | 0.202 | |
| Phenylalanine....g | 0.310 | | 0 | | 1 | | 0.088 | 0.704 | |
| Tyrosine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.588 | |
| Valine....g | 0.392 | | 0 | | 1 | | 0.111 | 0.890 | |
| Arginine....g | 0.321 | | 0 | | 1 | | 0.091 | 0.729 | |
| Histidine....g | 0.153 | | 0 | | 1 | | 0.043 | 0.347 | |
| Alanine....g | 0.214 | | 0 | | 1 | | 0.061 | 0.486 | |
| Aspartic acid....g | 1.706 | | 0 | | 1 | | 0.484 | 3.873 | |
| Glutamic acid....g | 1.170 | | 0 | | 1 | | 0.332 | 2.656 | |
| Glycine....g | 0.207 | | 0 | | 1 | | 0.059 | 0.470 | |
| Proline....g | 0.251 | | 0 | | 1 | | 0.071 | 0.570 | |
| Serine....g | 0.303 | | 0 | | 1 | | 0.086 | 0.688 | |
| 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. 19811**
**Snacks, potato chips, plain, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19422**
**Snacks, potato chips, reduced fat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | 0.075 | 5 | | 1 | | 0.28 | 1.70 | |
| Energy | kcal | 471 | | 0 | NC | 4 | | 134 | 801 | |
| Energy | kJ | 1971 | | 0 | | 4 | | 559 | 3350 | |
| Protein (N x 6.25) | g | 7.10 | 0.260 | 5 | | 1 | | 2.01 | 12.07 | |
| Total lipid (fat) | g | 20.80 | 0.314 | 6 | | 1 | | 5.90 | 35.36 | |
| Ash | g | 4.10 | 0.264 | 5 | | 1 | | 1.16 | 6.97 | |
| Carbohydrate, by difference | g | 66.90 | | 0 | NC | 4 | | 18.97 | 113.73 | |
| Fiber, total dietary | g | 5.9 | | 0 | | 4 | | 1.7 | 10.0 | |
| Sugars, total | g | 0.22 | | 0 | O | 4 | | 0.06 | 0.38 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 2 | | 1 | | 6 | 36 | |
| Iron, Fe | mg | 1.35 | | 2 | | 1 | | 0.38 | 2.30 | |
| Magnesium, Mg | mg | 89 | | 2 | | 1 | | 25 | 151 | |
| Phosphorus, P | mg | 193 | | 2 | | 1 | | 55 | 328 | |
| Potassium, K | mg | 1744 | | 2 | | 1 | | 494 | 2965 | |
| Sodium, Na | mg | 492 | | 2 | | 1 | | 139 | 836 | |
| Zinc, Zn | mg | 0.07 | | 1 | | 4 | | 0.02 | 0.12 | |
| Copper, Cu | mg | 0.600 | | 2 | | 1 | | 0.170 | 1.020 | |
| Manganese, Mn | mg | 0.440 | | 1 | | 4 | | 0.125 | 0.748 | |
| Selenium, Se | µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 13.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 25.7 | 2.768 | 3 | | 1 | | 7.3 | 43.7 | |
| Thiamin | mg | 0.208 | | 2 | | 1 | | 0.059 | 0.354 | |
| Riboflavin | mg | 0.267 | | 2 | | 1 | | 0.076 | 0.454 | |
| Niacin | mg | 7.000 | | 2 | | 1 | | 1.985 | 11.900 | |
| Pantothenic acid | mg | 0.271 | | 1 | | 4 | | 0.077 | 0.461 | |
| Vitamin B-6 | mg | 0.671 | | 2 | | 1 | | 0.190 | 1.141 | |
| Folate, total | µg | 27 | | 1 | | 4 | | 8 | 46 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 27 | | 0 | NR | 4 | | 8 | 46 | |
| Folate, DFE | mcg_DFE | 27 | | 0 | NC | 4 | | 8 | 46 | |
| Choline, total | mg | 45.1 | | 0 | NR | 4 | | 12.8 | 76.6 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | BFFN | 4 | | 0 | 0 | |
| Carotene, alpha | µg | 0 | | 0 | BFFN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | BFFN | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene | µg | 0 | | 0 | BFFN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | BFFN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 5.47 | | 0 | BFFN | 4 | | 1.55 | 9.31 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | 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 | 13.3 | | 0 | BFFN | 4 | | 3.8 | 22.5 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19422**
**Snacks, potato chips, 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 |
| Fatty acids, total saturated....g | 4.160 | | 0 | | 1 | | 1.179 | 7.072 | |
| 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 | 0.120 | | 1 | | 1 | | 0.034 | 0.204 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.520 | | 1 | | 1 | | 0.998 | 5.984 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.510 | | 1 | | 1 | | 0.145 | 0.867 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.800 | | 0 | | 1 | | 1.361 | 8.160 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.500 | | 1 | | 1 | | 0.142 | 0.850 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.300 | | 1 | | 1 | | 1.219 | 7.310 | |
| 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 | 10.940 | | 0 | | 1 | | 3.101 | 18.598 | |
| 18:2 undifferentiated....g | 10.750 | | 1 | | 1 | | 3.048 | 18.275 | |
| 18:3 undifferentiated....g | 0.190 | | 1 | | 1 | | 0.054 | 0.323 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.111 | | 0 | | 1 | | 0.031 | 0.189 | |
| Threonine....g | 0.260 | | 0 | | 1 | | 0.074 | 0.442 | |
| Isoleucine....g | 0.291 | | 0 | | 1 | | 0.082 | 0.495 | |
| Leucine....g | 0.430 | | 0 | | 1 | | 0.122 | 0.731 | |
| Lysine....g | 0.435 | | 0 | | 1 | | 0.123 | 0.740 | |
| Methionine....g | 0.113 | | 0 | | 1 | | 0.032 | 0.192 | |
| Cystine....g | 0.092 | | 0 | | 1 | | 0.026 | 0.156 | |
| Phenylalanine....g | 0.318 | | 0 | | 1 | | 0.090 | 0.541 | |
| Tyrosine....g | 0.265 | | 0 | | 1 | | 0.075 | 0.451 | |
| Valine....g | 0.403 | | 0 | | 1 | | 0.114 | 0.685 | |
| Arginine....g | 0.329 | | 0 | | 1 | | 0.093 | 0.559 | |
| Histidine....g | 0.157 | | 0 | | 1 | | 0.045 | 0.267 | |
| Alanine....g | 0.220 | | 0 | | 1 | | 0.062 | 0.374 | |
| Aspartic acid....g | 1.750 | | 0 | | 1 | | 0.496 | 2.975 | |
| Glutamic acid....g | 1.200 | | 0 | | 1 | | 0.340 | 2.040 | |
| Glycine....g | 0.213 | | 0 | | 1 | | 0.060 | 0.362 | |
| Proline....g | 0.257 | | 0 | | 1 | | 0.073 | 0.437 | |
| Serine....g | 0.311 | | 0 | | 1 | | 0.088 | 0.529 | |
| 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. 19422**
**Snacks, potato chips, 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 |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 bag (6 oz)

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19043**
**Snacks, potato chips, sour-cream-and-onion-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 | 1.80 | 0.063 | 39 | | 1 | | 0.51 | 3.56 | |
| Energy....kcal | 531 | | 0 | NC | 4 | | 151 | 1051 | |
| Energy....kJ | 2222 | | 0 | | 4 | | 630 | 4399 | |
| Protein (N x 6.3)....g | 8.10 | 0.201 | 39 | | 1 | | 2.30 | 16.04 | |
| Total lipid (fat)....g | 33.90 | 0.471 | 39 | | 1 | | 9.61 | 67.12 | |
| Ash....g | 4.70 | 0.079 | 39 | | 1 | | 1.33 | 9.31 | |
| Carbohydrate, by difference....g | 51.50 | | 0 | NC | 4 | | 14.60 | 101.97 | |
| Fiber, total dietary....g | 5.2 | | 0 | | 1 | | 1.5 | 10.3 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 72 | 2.593 | 39 | | 1 | | 20 | 143 | |
| Iron, Fe....mg | 1.60 | 0.067 | 40 | | 1 | | 0.45 | 3.17 | |
| Magnesium, Mg....mg | 74 | 3.127 | 35 | | 1 | | 21 | 147 | |
| Phosphorus, P....mg | 176 | 7.568 | 35 | | 1 | | 50 | 348 | |
| Potassium, K....mg | 1331 | 20.626 | 37 | | 1 | | 377 | 2635 | |
| Sodium, Na....mg | 549 | | 0 | T | 4 | | 156 | 1087 | |
| Zinc, Zn....mg | 0.98 | 0.052 | 32 | | 1 | | 0.28 | 1.94 | |
| Copper, Cu....mg | 0.299 | 0.025 | 27 | | 1 | | 0.085 | 0.592 | |
| Manganese, Mn....mg | 0.405 | 0.027 | 22 | | 1 | | 0.115 | 0.802 | |
| Selenium, Se....µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 16.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 37.3 | 4.864 | 12 | | 1 | | 10.6 | 73.9 | |
| Thiamin....mg | 0.189 | 0.010 | 40 | | 1 | | 0.054 | 0.374 | |
| Riboflavin....mg | 0.200 | 0.010 | 40 | | 1 | | 0.057 | 0.396 | |
| Niacin....mg | 4.029 | 0.172 | 37 | | 1 | | 1.142 | 7.977 | |
| Pantothenic acid....mg | 0.827 | 0.017 | 3 | | 1 | | 0.234 | 1.637 | |
| Vitamin B-6....mg | 0.665 | 0.057 | 12 | | 1 | | 0.189 | 1.317 | |
| Folate, total....µg | 62 | 12.257 | 4 | | 1 | | 18 | 123 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 62 | 12.257 | 4 | | 1 | | 18 | 123 | |
| Folate, DFE....mcg_DFE | 62 | | 0 | NC | 4 | | 18 | 123 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.00 | | 1 | | 4 | | 0.28 | 1.98 | |
| Vitamin A, RAE....mcg_RAE | 14 | | 0 | NC | 4 | | 4 | 27 | |
| Retinol....µg | 6 | | 0 | NR | 4 | | 2 | 12 | |
| Carotene, beta....µg | 90 | | 0 | NR | 4 | | 26 | 178 | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 170 | | 0 | NC | 4 | | 48 | 337 | |
| 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 | 8.890 | | 0 | | 1 | | 2.520 | 17.602 | |
| 4:0....g | 0.010 | | 2 | | 1 | | 0.003 | 0.020 | |

**NDB No. 19043**
**Snacks, potato chips, sour-cream-and-onion-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | 0.010 | | 2 | | 1 | | 0.003 | 0.020 | |
| 8:0....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 2 | | 1 | | 0.003 | 0.020 | |
| 12:0....g | 0.010 | | 2 | | 1 | | 0.003 | 0.020 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.300 | | 2 | | 1 | | 0.085 | 0.594 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 7.730 | | 2 | | 1 | | 2.191 | 15.305 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.820 | | 2 | | 1 | | 0.232 | 1.624 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.120 | | 0 | | 1 | | 1.735 | 12.118 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 2 | | 1 | | 0.079 | 0.554 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.840 | | 2 | | 1 | | 1.656 | 11.563 | |
| 20:1....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 17.420 | | 0 | | 1 | | 4.939 | 34.492 | |
| 18:2 undifferentiated....g | 17.340 | | 2 | | 1 | | 4.916 | 34.333 | |
| 18:3 undifferentiated....g | 0.080 | | 2 | | 1 | | 0.023 | 0.158 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 7 | 0.992 | 5 | | 1 | | 2 | 14 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.118 | | 0 | | 1 | | 0.033 | 0.234 | |
| Threonine....g | 0.425 | | 0 | | 1 | | 0.120 | 0.842 | |
| Isoleucine....g | 0.403 | | 0 | | 1 | | 0.114 | 0.798 | |
| Leucine....g | 0.655 | | 0 | | 1 | | 0.186 | 1.297 | |
| Lysine....g | 0.576 | | 0 | | 1 | | 0.163 | 1.140 | |
| Methionine....g | 0.141 | | 0 | | 1 | | 0.040 | 0.279 | |
| Cystine....g | 0.129 | | 0 | | 1 | | 0.037 | 0.255 | |
| Phenylalanine....g | 0.272 | | 0 | | 1 | | 0.077 | 0.539 | |
| Tyrosine....g | 0.238 | | 0 | | 1 | | 0.067 | 0.471 | |
| Valine....g | 0.421 | | 0 | | 1 | | 0.119 | 0.834 | |
| Arginine....g | 0.256 | | 0 | | 1 | | 0.073 | 0.507 | |
| Histidine....g | 0.151 | | 0 | | 1 | | 0.043 | 0.299 | |
| Alanine....g | 0.327 | | 0 | | 1 | | 0.093 | 0.647 | |
| Aspartic acid....g | 0.898 | | 0 | | 1 | | 0.255 | 1.778 | |
| Glutamic acid....g | 1.321 | | 0 | | 1 | | 0.375 | 2.616 | |
| Glycine....g | 0.182 | | 0 | | 1 | | 0.052 | 0.360 | |
| Proline....g | 0.462 | | 0 | | 1 | | 0.131 | 0.915 | |
| Serine....g | 0.362 | | 0 | | 1 | | 0.103 | 0.717 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19043**

**Snacks, potato chips, sour-cream-and-onion-flavor**

Measure 2 = 198g: 1 bag (7 oz)

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

**Food Group:** 25 Snacks

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

**NDB No. 42283**
**Snacks, potato chips, white, restructured, baked**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.40 | | 1 | | 12 | | 0.48 | 0.17 | |
| Energy | kcal | 469 | | 0 | NC | 4 | | 160 | 56 | |
| Energy | kJ | 1964 | | 0 | NC | 4 | | 668 | 236 | |
| Protein | g | 5.00 | | 1 | | 12 | | 1.70 | 0.60 | |
| Total lipid (fat) | g | 18.20 | | 1 | | 12 | | 6.19 | 2.18 | |
| Ash | g | 3.98 | | 1 | MC | 9 | | 1.35 | 0.48 | |
| Carbohydrate, by difference | g | 71.40 | | 1 | | 4 | | 24.28 | 8.57 | |
| Fiber, total dietary | g | 4.8 | | 1 | | 12 | | 1.6 | 0.6 | |
| Sugars, total | g | 5.01 | | 0 | FLA | 4 | | 1.70 | 0.60 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 125 | | 1 | | 12 | | 43 | 15 | |
| Iron, Fe | mg | 0.80 | | 1 | | 12 | | 0.27 | 0.10 | |
| Magnesium, Mg | mg | 43 | | 1 | | 12 | | 15 | 5 | |
| Phosphorus, P | mg | 274 | | 1 | | 12 | | 93 | 33 | |
| Potassium, K | mg | 721 | | 1 | | 12 | | 245 | 87 | |
| Sodium, Na | mg | 634 | | 0 | LC | 8 | | 216 | 76 | |
| Zinc, Zn | mg | 0.45 | | 1 | | 12 | | 0.15 | 0.05 | |
| Copper, Cu | mg | 0.104 | | 1 | | 12 | | 0.035 | 0.012 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 8.1 | | 1 | BFZN | 4 | | 2.8 | 1.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 12 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.340 | | 1 | | 12 | | 0.116 | 0.041 | |
| Riboflavin | mg | 0.070 | | 1 | | 12 | | 0.024 | 0.008 | |
| Niacin | mg | 4.090 | | 1 | | 12 | | 1.391 | 0.491 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.510 | | 1 | | 12 | | 0.173 | 0.061 | |
| Folate, total | µg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total | mg | 31.6 | | 0 | FLA | 4 | | 10.8 | 3.8 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | 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 | 0 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 2.18 | | 0 | FLA | 4 | | 0.74 | 0.26 | |
| 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 | 7.2 | | 0 | FLA | 4 | | 2.4 | 0.9 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 42283**
**Snacks, potato chips, white, restructured, baked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 2.631 | | 1 | MA | 12 | | 0.895 | 0.316 | |
| 4:0....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 12:0....g | 0.014 | | 1 | MA | 12 | | 0.005 | 0.002 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.003 | | 1 | MA | 12 | | 0.001 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.812 | | 1 | MA | 12 | | 0.616 | 0.217 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.802 | | 1 | MA | 12 | | 0.273 | 0.096 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.910 | | 1 | MC | 9 | | 3.369 | 1.189 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.910 | | 1 | MA | 12 | | 3.369 | 1.189 | |
| 20:1....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 4.234 | | 1 | MC | 9 | | 1.440 | 0.508 | |
| 18:2 undifferentiated....g | 4.037 | | 1 | MA | 12 | | 1.373 | 0.484 | |
| 18:3 undifferentiated....g | 0.197 | | 1 | MA | 12 | | 0.067 | 0.024 | |
| 18:4....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | MA | 12 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 12 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 1 | | 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 = 34g: 1 cup

Measure 2 = 12.0g: 10 chips

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

**Food Group:** 25 Snacks

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

**NDB No. 19415**
**Snacks, potato sticks**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.20 | 0.118 | 3 | | 1 | | 0.62 | 0.40 | |
| Energy....kcal | 522 | | 0 | NC | 4 | | 148 | 94 | |
| Energy....kJ | 2184 | | 0 | | 4 | | 619 | 393 | |
| Protein (N x 6.25)....g | 6.70 | 0.204 | 3 | | 1 | | 1.90 | 1.21 | |
| Total lipid (fat)....g | 34.40 | 0.512 | 3 | | 1 | | 9.75 | 6.19 | |
| Ash....g | 3.30 | 0.118 | 3 | | 1 | | 0.94 | 0.59 | |
| Carbohydrate, by difference....g | 53.30 | | 0 | NC | 4 | | 15.11 | 9.59 | |
| Fiber, total dietary....g | 3.4 | | 0 | | 4 | | 1.0 | 0.6 | |
| Sugars, total....g | 0.22 | | 0 | O | 4 | | 0.06 | 0.04 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | 0.275 | 3 | | 1 | | 5 | 3 | |
| Iron, Fe....mg | 2.27 | 0.733 | 3 | | 1 | | 0.64 | 0.41 | |
| Magnesium, Mg....mg | 64 | 0.233 | 3 | | 1 | | 18 | 12 | |
| Phosphorus, P....mg | 172 | 0.943 | 3 | | 1 | | 49 | 31 | |
| Potassium, K....mg | 1237 | 10.247 | 3 | | 1 | | 351 | 223 | |
| Sodium, Na....mg | 633 | | 0 | NR | 4 | | 179 | 114 | |
| Zinc, Zn....mg | 0.99 | 0.006 | 3 | | 1 | | 0.28 | 0.18 | |
| Copper, Cu....mg | 0.315 | 0.005 | 3 | | 1 | | 0.089 | 0.057 | |
| Manganese, Mn....mg | 0.423 | 0.004 | 3 | | 1 | | 0.120 | 0.076 | |
| Selenium, Se....µg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 1.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 47.3 | 0.407 | 3 | | 1 | | 13.4 | 8.5 | |
| Thiamin....mg | 0.096 | 0.002 | 3 | | 1 | | 0.027 | 0.017 | |
| Riboflavin....mg | 0.116 | 0.005 | 3 | | 1 | | 0.033 | 0.021 | |
| Niacin....mg | 4.785 | 0.094 | 3 | | 1 | | 1.357 | 0.861 | |
| Pantothenic acid....mg | 0.403 | 0.033 | 3 | | 1 | | 0.114 | 0.073 | |
| Vitamin B-6....mg | 0.320 | 0.006 | 3 | | 1 | | 0.091 | 0.058 | |
| Folate, total....µg | 40 | 2.351 | 3 | | 1 | | 11 | 7 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 40 | 2.351 | 3 | | 1 | | 11 | 7 | |
| Folate, DFE....mcg_DFE | 40 | | 0 | NC | 4 | | 11 | 7 | |
| Choline, total....mg | 34.9 | | 0 | FLA | 4 | | 9.9 | 6.3 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | 9.11 | | 0 | O | 4 | | 2.58 | 1.64 | |
| 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 | 22.1 | | 0 | T | 4 | | 6.3 | 4.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19415**
**Snacks, potato sticks**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 8.880 | | 0 | | 1 | | 2.517 | 1.598 | |
| 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 | 0.270 | | 1 | | 1 | | 0.077 | 0.049 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 7.810 | | 1 | | 1 | | 2.214 | 1.406 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.800 | | 1 | | 1 | | 0.227 | 0.144 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.160 | | 0 | | 1 | | 1.746 | 1.109 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.270 | | 1 | | 1 | | 0.077 | 0.049 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.880 | | 1 | | 1 | | 1.667 | 1.058 | |
| 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 | 17.900 | | 0 | | 1 | | 5.075 | 3.222 | |
| 18:2 undifferentiated....g | 17.800 | | 1 | | 1 | | 5.046 | 3.204 | |
| 18:3 undifferentiated....g | 0.070 | | 1 | | 1 | | 0.020 | 0.013 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.030 | | 1 | | 1 | | 0.009 | 0.005 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **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 = 28.35g: 1 oz

Measure 2 = 18g: .5 cup

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

**Food Group:** 25 Snacks

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

**NDB No. 19048**
**Snacks, pretzels, hard, confectioner's coating, chocolate-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 | 2.50 | | 1 | | 1 | | 0.71 | 0.28 | |
| Energy....kcal | 458 | | 0 | | 4 | | 130 | 50 | |
| Energy....kJ | 1916 | | | | 4 | | 543 | 211 | |
| Protein (N x 5.8)....g | 7.50 | | 1 | | 1 | | 2.13 | 0.83 | |
| Total lipid (fat)....g | 16.70 | | 1 | | 1 | | 4.73 | 1.84 | |
| Ash....g | 2.20 | | 1 | | 1 | | 0.62 | 0.24 | |
| Carbohydrate, by difference....g | 70.90 | | 0 | NC | 4 | | 20.10 | 7.80 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 74 | | 1 | | 1 | | 21 | 8 | |
| Iron, Fe....mg | 2.00 | | 1 | | 1 | | 0.57 | 0.22 | |
| Magnesium, Mg....mg | 41 | | 1 | | 4 | | 12 | 5 | |
| Phosphorus, P....mg | 145 | | 1 | | 4 | | 41 | 16 | |
| Potassium, K....mg | 225 | | 1 | | 4 | | 64 | 25 | |
| Sodium, Na....mg | 569 | | 1 | | 4 | | 161 | 63 | |
| Zinc, Zn....mg | 0.92 | | 1 | | 4 | | 0.26 | 0.10 | |
| Copper, Cu....mg | 0.302 | | 1 | | 4 | | 0.086 | 0.033 | |
| Manganese, Mn....mg | 0.562 | | 1 | | 4 | | 0.159 | 0.062 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.5 | | 1 | | 1 | | 0.1 | 0.1 | |
| Thiamin....mg | 0.099 | | 1 | | 1 | | 0.028 | 0.011 | |
| Riboflavin....mg | 0.200 | | 1 | | 1 | | 0.057 | 0.022 | |
| Niacin....mg | 0.800 | | 1 | | 1 | | 0.227 | 0.088 | |
| Pantothenic acid....mg | 0.759 | | 1 | | 4 | | 0.215 | 0.083 | |
| Vitamin B-6....mg | 0.172 | | 1 | | 4 | | 0.049 | 0.019 | |
| Folate, total....µg | 9 | | 1 | | 4 | | 3 | 1 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 9 | | 1 | | 4 | | 3 | 1 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 3 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 10 | | 1 | | 1 | | 3 | 1 | |
| 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 | 7.680 | | 0 | | 1 | | 2.177 | 0.845 | |
| 4:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |

**NDB No. 19048**
**Snacks, pretzels, hard, confectioner's coating, chocolate-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.003 | 0.001 | |
| 8:0 g | 0.210 | | 1 | | 1 | | 0.060 | 0.023 | |
| 10:0 g | 0.230 | | 1 | | 1 | | 0.065 | 0.025 | |
| 12:0 g | 2.920 | | 1 | | 1 | | 0.828 | 0.321 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.060 | | 1 | | 1 | | 0.301 | 0.117 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.940 | | 1 | | 1 | | 0.550 | 0.213 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.310 | | 1 | | 1 | | 0.371 | 0.144 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 5.390 | | 0 | | 1 | | 1.528 | 0.593 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.020 | | 1 | | 1 | | 0.006 | 0.002 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.370 | | 1 | | 1 | | 1.522 | 0.591 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.150 | | 0 | | 1 | | 0.610 | 0.237 | |
| 18:2 undifferentiated g | 1.990 | | 1 | | 1 | | 0.564 | 0.219 | |
| 18:3 undifferentiated g | 0.160 | | 1 | | 1 | | 0.045 | 0.018 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.096 | | 0 | | 1 | | 0.027 | 0.011 | |
| Threonine g | 0.251 | | 0 | | 1 | | 0.071 | 0.028 | |
| Isoleucine g | 0.287 | | 0 | | 1 | | 0.081 | 0.032 | |
| Leucine g | 0.531 | | 0 | | 1 | | 0.151 | 0.058 | |
| Lysine g | 0.253 | | 0 | | 1 | | 0.072 | 0.028 | |
| Methionine g | 0.131 | | 0 | | 1 | | 0.037 | 0.014 | |
| Cystine g | 0.147 | | 0 | | 1 | | 0.042 | 0.016 | |
| Phenylalanine g | 0.357 | | 0 | | 1 | | 0.101 | 0.039 | |
| Tyrosine g | 0.234 | | 0 | | 1 | | 0.066 | 0.026 | |
| Valine g | 0.332 | | 0 | | 1 | | 0.094 | 0.037 | |
| Arginine g | 0.306 | | 0 | | 1 | | 0.087 | 0.034 | |
| Histidine g | 0.163 | | 0 | | 1 | | 0.046 | 0.018 | |
| Alanine g | 0.274 | | 0 | | 1 | | 0.078 | 0.030 | |
| Aspartic acid g | 0.420 | | 0 | | 1 | | 0.119 | 0.046 | |
| Glutamic acid g | 2.183 | | 0 | | 1 | | 0.619 | 0.240 | |
| Glycine g | 0.268 | | 0 | | 1 | | 0.076 | 0.029 | |
| Proline g | 0.743 | | 0 | | 1 | | 0.211 | 0.082 | |
| Serine g | 0.365 | | 0 | | 1 | | 0.103 | 0.040 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19048**

**Snacks, pretzels, hard, confectioner's coating, chocolate-flavor**

Measure 2 = 11.0g: 1 pretzel

**Calories Factors: Protein** 3.8 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19814**
**Snacks, pretzels, hard, plain, made with enriched flour, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.30 | 0.134 | 105 | | 1 | | 0.94 | 1.98 | |
| Energy....kcal | 381 | | 0 | NC | 4 | | 108 | 229 | |
| Energy....kJ | 1594 | | 0 | | 4 | | 452 | 956 | |
| Protein (N x 5.7)....g | 9.10 | 0.126 | 85 | | 1 | | 2.58 | 5.46 | |
| Total lipid (fat)....g | 3.50 | 0.158 | 94 | | 1 | | 0.99 | 2.10 | |
| Ash....g | 4.90 | 0.179 | 82 | | 1 | | 1.39 | 2.94 | |
| Carbohydrate, by difference....g | 79.20 | | 0 | NC | 4 | | 22.45 | 47.52 | |
| Fiber, total dietary....g | 2.8 | | 0 | | 4 | | 0.8 | 1.7 | |
| Sugars, total....g | 2.21 | | 0 | O | 4 | | 0.63 | 1.33 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 36 | 1.651 | 101 | | 1 | | 10 | 22 | |
| Iron, Fe....mg | 4.32 | 0.113 | 76 | | 1 | | 1.22 | 2.59 | |
| Magnesium, Mg....mg | 35 | 0.954 | 85 | | 1 | | 10 | 21 | |
| Phosphorus, P....mg | 113 | 4.774 | 88 | | 1 | | 32 | 68 | |
| Potassium, K....mg | 146 | 3.832 | 104 | | 1 | | 41 | 88 | |
| Sodium, Na....mg | 289 | | 0 | | 1 | | 82 | 173 | |
| Zinc, Zn....mg | 0.85 | 0.036 | 74 | | 1 | | 0.24 | 0.51 | |
| Copper, Cu....mg | 0.264 | 0.028 | 68 | | 1 | | 0.075 | 0.158 | |
| Manganese, Mn....mg | 1.789 | 0.203 | 64 | | 1 | | 0.507 | 1.073 | |
| Selenium, Se....µg | 5.8 | | 0 | BFZN | 4 | | 1.6 | 3.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 8 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.461 | 0.016 | 61 | | 1 | | 0.131 | 0.277 | |
| Riboflavin....mg | 0.623 | 0.066 | 62 | | 1 | | 0.177 | 0.374 | |
| Niacin....mg | 5.251 | 0.145 | 62 | | 1 | | 1.489 | 3.151 | |
| Pantothenic acid....mg | 0.288 | | 2 | | 1 | | 0.082 | 0.173 | |
| Vitamin B-6....mg | 0.116 | 0.029 | 4 | | 1 | | 0.033 | 0.070 | |
| Folate, total....µg | 171 | | 0 | O | 4 | | 48 | 103 | |
| Folic acid....µg | 88 | | 0 | O | 4 | | 25 | 53 | |
| Folate, food....µg | 83 | | 1 | | 4 | | 24 | 50 | |
| Folate, DFE....mcg_DFE | 233 | | 0 | NC | 4 | | 66 | 140 | |
| Choline, total....mg | 23.5 | | 0 | FLA | 4 | | 6.7 | 14.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | 0.35 | | 0 | O | 4 | | 0.10 | 0.21 | |
| 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.9 | | 0 | O | 4 | | 0.3 | 0.5 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 19814**

**Snacks, pretzels, hard, plain, made with enriched flour, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.750 | | 0 | | 1 | | 0.213 | 0.450 | |
| 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 | 0.010 | | 7 | | 1 | | 0.003 | 0.006 | |
| 10:0....g | 0.010 | | 7 | | 1 | | 0.003 | 0.006 | |
| 12:0....g | 0.030 | | 7 | | 1 | | 0.009 | 0.018 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.020 | | 7 | | 1 | | 0.006 | 0.012 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.470 | | 7 | | 1 | | 0.133 | 0.282 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.210 | | 7 | | 1 | | 0.060 | 0.126 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.360 | | 0 | | 1 | | 0.386 | 0.816 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.020 | | 4 | | 1 | | 0.006 | 0.012 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.350 | | 7 | | 1 | | 0.383 | 0.810 | |
| 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 | 1.220 | | 0 | | 1 | | 0.346 | 0.732 | |
| 18:2 undifferentiated....g | 1.150 | | 7 | | 1 | | 0.326 | 0.690 | |
| 18:3 undifferentiated....g | 0.060 | | 7 | | 1 | | 0.017 | 0.036 | |
| 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 | 0.000 | 13 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.109 | | 0 | | 1 | | 0.031 | 0.065 | |
| Threonine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.155 | |
| Isoleucine....g | 0.345 | | 0 | | 1 | | 0.098 | 0.207 | |
| Leucine....g | 0.636 | | 0 | | 1 | | 0.180 | 0.382 | |
| Lysine....g | 0.221 | | 0 | | 1 | | 0.063 | 0.133 | |
| Methionine....g | 0.164 | | 0 | | 1 | | 0.046 | 0.098 | |
| Cystine....g | 0.196 | | 0 | | 1 | | 0.056 | 0.118 | |
| Phenylalanine....g | 0.453 | | 0 | | 1 | | 0.128 | 0.272 | |
| Tyrosine....g | 0.266 | | 0 | | 1 | | 0.075 | 0.160 | |
| Valine....g | 0.392 | | 0 | | 1 | | 0.111 | 0.235 | |
| Arginine....g | 0.349 | | 0 | | 1 | | 0.099 | 0.209 | |
| Histidine....g | 0.201 | | 0 | | 1 | | 0.057 | 0.121 | |
| Alanine....g | 0.304 | | 0 | | 1 | | 0.086 | 0.182 | |
| Aspartic acid....g | 0.415 | | 0 | | 1 | | 0.118 | 0.249 | |
| Glutamic acid....g | 3.037 | | 0 | | 1 | | 0.861 | 1.822 | |
| Glycine....g | 0.327 | | 0 | | 1 | | 0.093 | 0.196 | |
| Proline....g | 1.018 | | 0 | | 1 | | 0.289 | 0.611 | |
| Serine....g | 0.447 | | 0 | | 1 | | 0.127 | 0.268 | |
| 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. 19814**

**Snacks, pretzels, hard, plain, made with enriched flour, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

**Calories Factors: Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19812**

**Snacks, pretzels, hard, plain, made with unenriched flour, salted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.30 | 0.134 | 105 | | 1 | | 0.94 | 1.98 | |
| Energy....kcal | 381 | | 0 | NC | 4 | | 108 | 229 | |
| Energy....kJ | 1594 | | | | 4 | | 452 | 956 | |
| Protein (N x 5.7)....g | 9.10 | 0.126 | 85 | | 1 | | 2.58 | 5.46 | |
| Total lipid (fat)....g | 3.50 | 0.158 | 94 | | 1 | | 0.99 | 2.10 | |
| Ash....g | 4.90 | 0.179 | 82 | | 1 | | 1.39 | 2.94 | |
| Carbohydrate, by difference....g | 79.20 | | 0 | NC | 4 | | 22.45 | 47.52 | |
| Fiber, total dietary....g | 2.8 | | 0 | | 4 | | 0.8 | 1.7 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 36 | 1.651 | 101 | | 1 | | 10 | 22 | |
| Iron, Fe....mg | 1.67 | | 0 | | 1 | | 0.47 | 1.00 | |
| Magnesium, Mg....mg | 35 | 0.954 | 85 | | 1 | | 10 | 21 | |
| Phosphorus, P....mg | 113 | 4.774 | 88 | | 1 | | 32 | 68 | |
| Potassium, K....mg | 146 | 3.832 | 104 | | 1 | | 41 | 88 | |
| Sodium, Na....mg | 1715 | 61.055 | 87 | | 1 | | 486 | 1029 | |
| Zinc, Zn....mg | 0.85 | 0.036 | 74 | | 1 | | 0.24 | 0.51 | |
| Copper, Cu....mg | 0.264 | 0.028 | 68 | | 1 | | 0.075 | 0.158 | |
| Manganese, Mn....mg | 1.789 | 0.203 | 64 | | 1 | | 0.507 | 1.073 | |
| Selenium, Se....µg | 5.8 | | 0 | BFZN | 4 | | 1.6 | 3.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 8 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.180 | | 0 | | 1 | | 0.051 | 0.108 | |
| Riboflavin....mg | 0.100 | | 0 | | 1 | | 0.028 | 0.060 | |
| Niacin....mg | 1.920 | | 0 | | 1 | | 0.544 | 1.152 | |
| Pantothenic acid....mg | 0.288 | | 2 | | 1 | | 0.082 | 0.173 | |
| Vitamin B-6....mg | 0.116 | 0.029 | 4 | | 1 | | 0.033 | 0.070 | |
| Folate, total....µg | 83 | | 1 | | 4 | | 24 | 50 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 83 | | 1 | | 4 | | 24 | 50 | |
| Folate, DFE....mcg_DFE | 83 | | 0 | NC | 4 | | 24 | 50 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 15 | | 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 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 | 0.750 | | 0 | | 1 | | 0.213 | 0.450 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19812**

**Snacks, pretzels, hard, plain, made with unenriched flour, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | 0.010 | | 7 | | 1 | | 0.003 | 0.006 | |
| 10:0 ... g | 0.010 | | 7 | | 1 | | 0.003 | 0.006 | |
| 12:0 ... g | 0.030 | | 7 | | 1 | | 0.009 | 0.018 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.020 | | 7 | | 1 | | 0.006 | 0.012 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.470 | | 7 | | 1 | | 0.133 | 0.282 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.210 | | 7 | | 1 | | 0.060 | 0.126 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.360 | | 0 | | 1 | | 0.386 | 0.816 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.020 | | 4 | | 1 | | 0.006 | 0.012 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 1.350 | | 7 | | 1 | | 0.383 | 0.810 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.220 | | 0 | | 1 | | 0.346 | 0.732 | |
| 18:2 undifferentiated ... g | 1.150 | | 7 | | 1 | | 0.326 | 0.690 | |
| 18:3 undifferentiated ... g | 0.060 | | 7 | | 1 | | 0.017 | 0.036 | |
| 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 | 0.000 | 13 | | 1 | | 0 | 0 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.109 | | 0 | | 1 | | 0.031 | 0.065 | |
| Threonine ... g | 0.259 | | 0 | | 1 | | 0.073 | 0.155 | |
| Isoleucine ... g | 0.345 | | 0 | | 1 | | 0.098 | 0.207 | |
| Leucine ... g | 0.636 | | 0 | | 1 | | 0.180 | 0.382 | |
| Lysine ... g | 0.221 | | 0 | | 1 | | 0.063 | 0.133 | |
| Methionine ... g | 0.164 | | 0 | | 1 | | 0.046 | 0.098 | |
| Cystine ... g | 0.196 | | 0 | | 1 | | 0.056 | 0.118 | |
| Phenylalanine ... g | 0.453 | | 0 | | 1 | | 0.128 | 0.272 | |
| Tyrosine ... g | 0.266 | | 0 | | 1 | | 0.075 | 0.160 | |
| Valine ... g | 0.392 | | 0 | | 1 | | 0.111 | 0.235 | |
| Arginine ... g | 0.349 | | 0 | | 1 | | 0.099 | 0.209 | |
| Histidine ... g | 0.201 | | 0 | | 1 | | 0.057 | 0.121 | |
| Alanine ... g | 0.304 | | 0 | | 1 | | 0.086 | 0.182 | |
| Aspartic acid ... g | 0.415 | | 0 | | 1 | | 0.118 | 0.249 | |
| Glutamic acid ... g | 3.037 | | 0 | | 1 | | 0.861 | 1.822 | |
| Glycine ... g | 0.327 | | 0 | | 1 | | 0.093 | 0.196 | |
| Proline ... g | 1.018 | | 0 | | 1 | | 0.289 | 0.611 | |
| Serine ... g | 0.447 | | 0 | | 1 | | 0.127 | 0.268 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19812**

**Snacks, pretzels, hard, plain, made with unenriched flour, salted**

Measure 2 = 60g: 10 twists

**Calories Factors: Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19813**

**Snacks, pretzels, hard, plain, made with unenriched flour, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.30 | 0.134 | 105 | | 1 | | 0.94 | 1.98 | |
| Energy....kcal | 381 | | 0 | NC | 4 | | 108 | 229 | |
| Energy....kJ | 1594 | | | | 4 | | 452 | 956 | |
| Protein (N x 5.7)....g | 9.10 | 0.126 | 85 | | 1 | | 2.58 | 5.46 | |
| Total lipid (fat)....g | 3.50 | 0.158 | 94 | | 1 | | 0.99 | 2.10 | |
| Ash....g | 4.90 | 0.179 | 82 | | 1 | | 1.39 | 2.94 | |
| Carbohydrate, by difference....g | 79.20 | | 0 | NC | 4 | | 22.45 | 47.52 | |
| Fiber, total dietary....g | 2.8 | | 0 | | 4 | | 0.8 | 1.7 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 36 | 1.651 | 101 | | 1 | | 10 | 22 | |
| Iron, Fe....mg | 1.67 | | 0 | | 1 | | 0.47 | 1.00 | |
| Magnesium, Mg....mg | 35 | 0.954 | 85 | | 1 | | 10 | 21 | |
| Phosphorus, P....mg | 113 | 4.774 | 88 | | 1 | | 32 | 68 | |
| Potassium, K....mg | 146 | 3.832 | 104 | | 1 | | 41 | 88 | |
| Sodium, Na....mg | 289 | | 0 | | 1 | | 82 | 173 | |
| Zinc, Zn....mg | 0.85 | 0.036 | 74 | | 1 | | 0.24 | 0.51 | |
| Copper, Cu....mg | 0.264 | 0.028 | 68 | | 1 | | 0.075 | 0.158 | |
| Manganese, Mn....mg | 1.789 | 0.203 | 64 | | 1 | | 0.507 | 1.073 | |
| Selenium, Se....µg | 5.8 | | 0 | BFZN | 4 | | 1.6 | 3.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 8 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.180 | | 0 | | 1 | | 0.051 | 0.108 | |
| Riboflavin....mg | 0.100 | | 0 | | 1 | | 0.028 | 0.060 | |
| Niacin....mg | 1.920 | | 0 | | 1 | | 0.544 | 1.152 | |
| Pantothenic acid....mg | 0.288 | | 2 | | 1 | | 0.082 | 0.173 | |
| Vitamin B-6....mg | 0.116 | 0.029 | 4 | | 1 | | 0.033 | 0.070 | |
| Folate, total....µg | 83 | | 1 | | 4 | | 24 | 50 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 83 | | 1 | | 4 | | 24 | 50 | |
| Folate, DFE....mcg_DFE | 83 | | 0 | NC | 4 | | 24 | 50 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 15 | | 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 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 | 0.750 | | 0 | | 1 | | 0.213 | 0.450 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19813**

**Snacks, pretzels, hard, plain, made with unenriched flour, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.010 | | 7 | | 1 | | 0.003 | 0.006 | |
| 10:0 ... g | 0.010 | | 7 | | 1 | | 0.003 | 0.006 | |
| 12:0 ... g | 0.030 | | 7 | | 1 | | 0.009 | 0.018 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.020 | | 7 | | 1 | | 0.006 | 0.012 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.470 | | 7 | | 1 | | 0.133 | 0.282 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.210 | | 7 | | 1 | | 0.060 | 0.126 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.360 | | 0 | | 1 | | 0.386 | 0.816 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.020 | | 4 | | 1 | | 0.006 | 0.012 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 1.350 | | 7 | | 1 | | 0.383 | 0.810 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.220 | | 0 | | 1 | | 0.346 | 0.732 | |
| 18:2 undifferentiated ... g | 1.150 | | 7 | | 1 | | 0.326 | 0.690 | |
| 18:3 undifferentiated ... g | 0.060 | | 7 | | 1 | | 0.017 | 0.036 | |
| 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 | 0.000 | 13 | | 1 | | 0 | 0 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.109 | | 0 | | 1 | | 0.031 | 0.065 | |
| Threonine ... g | 0.259 | | 0 | | 1 | | 0.073 | 0.155 | |
| Isoleucine ... g | 0.345 | | 0 | | 1 | | 0.098 | 0.207 | |
| Leucine ... g | 0.636 | | 0 | | 1 | | 0.180 | 0.382 | |
| Lysine ... g | 0.221 | | 0 | | 1 | | 0.063 | 0.133 | |
| Methionine ... g | 0.164 | | 0 | | 1 | | 0.046 | 0.098 | |
| Cystine ... g | 0.196 | | 0 | | 1 | | 0.056 | 0.118 | |
| Phenylalanine ... g | 0.453 | | 0 | | 1 | | 0.128 | 0.272 | |
| Tyrosine ... g | 0.266 | | 0 | | 1 | | 0.075 | 0.160 | |
| Valine ... g | 0.392 | | 0 | | 1 | | 0.111 | 0.235 | |
| Arginine ... g | 0.349 | | 0 | | 1 | | 0.099 | 0.209 | |
| Histidine ... g | 0.201 | | 0 | | 1 | | 0.057 | 0.121 | |
| Alanine ... g | 0.304 | | 0 | | 1 | | 0.086 | 0.182 | |
| Aspartic acid ... g | 0.415 | | 0 | | 1 | | 0.118 | 0.249 | |
| Glutamic acid ... g | 3.037 | | 0 | | 1 | | 0.861 | 1.822 | |
| Glycine ... g | 0.327 | | 0 | | 1 | | 0.093 | 0.196 | |
| Proline ... g | 1.018 | | 0 | | 1 | | 0.289 | 0.611 | |
| Serine ... g | 0.447 | | 0 | | 1 | | 0.127 | 0.268 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19813**

**Snacks, pretzels, hard, plain, made with unenriched flour, unsalted**

Measure 2 = 60g: 10 twists

**Calories Factors: Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19047**
**Snacks, pretzels, hard, plain, salted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.44 | 0.120 | 3 | A | 1 | | 0.97 | 2.06 | |
| Energy | kcal | 380 | | 0 | NC | 4 | | 108 | 228 | |
| Energy | kJ | 1591 | | 0 | NC | 4 | | 451 | 954 | |
| Protein (N x 5.7) | g | 10.34 | 0.151 | 3 | A | 1 | | 2.93 | 6.20 | |
| Total lipid (fat) | g | 2.63 | 0.173 | 3 | A | 1 | | 0.75 | 1.58 | |
| Ash | g | 3.83 | 0.303 | 3 | A | 1 | | 1.09 | 2.30 | |
| Carbohydrate, by difference | g | 79.76 | | 0 | NC | 4 | | 22.61 | 47.86 | |
| Fiber, total dietary | g | 3.0 | 0.176 | 3 | A | 1 | | 0.9 | 1.8 | |
| Sugars, total | g | 2.76 | | 1 | A | 1 | | 0.78 | 1.66 | |
| Sucrose | g | 0.12 | 0.048 | 3 | A | 1 | | 0.03 | 0.07 | |
| Glucose (dextrose) | g | 0.70 | 0.100 | 3 | A | 1 | | 0.20 | 0.42 | |
| Fructose | g | 0.18 | 0.023 | 3 | A | 1 | | 0.05 | 0.11 | |
| Lactose | g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose | g | 1.44 | 0.136 | 3 | A | 1 | | 0.41 | 0.86 | |
| Galactose | g | 0.22 | | 1 | A | 1 | | 0.06 | 0.13 | |
| Starch | g | 71.40 | 0.839 | 3 | A | 1 | | 20.24 | 42.84 | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | 6.607 | 3 | A | 1 | | 5 | 11 | |
| Iron, Fe | mg | 5.20 | | 3 | A | 1 | | 1.47 | 3.12 | |
| Magnesium, Mg | mg | 29 | 1.291 | 3 | A | 1 | | 8 | 17 | |
| Phosphorus, P | mg | 113 | 3.844 | 3 | A | 1 | | 32 | 68 | |
| Potassium, K | mg | 136 | 4.807 | 3 | A | 1 | | 38 | 81 | |
| Sodium, Na | mg | 1357 | 135.688 | 3 | A | 1 | | 385 | 814 | |
| Zinc, Zn | mg | 1.43 | 0.120 | 3 | A | 1 | | 0.41 | 0.86 | |
| Copper, Cu | mg | 0.170 | 0.023 | 3 | A | 1 | | 0.048 | 0.102 | |
| Manganese, Mn | mg | 0.933 | 0.176 | 3 | A | 1 | | 0.265 | 0.560 | |
| Selenium, Se | µg | 6.0 | 0.788 | 3 | A | 1 | | 1.7 | 3.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 8 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.507 | 0.097 | 3 | A | 1 | | 0.144 | 0.304 | |
| Riboflavin | mg | 0.320 | 0.071 | 3 | A | 1 | | 0.091 | 0.192 | |
| Niacin | mg | 5.130 | 1.081 | 3 | A | 1 | | 1.454 | 3.078 | |
| Pantothenic acid | mg | 0.338 | 0.051 | 3 | A | 1 | | 0.096 | 0.203 | |
| Vitamin B-6 | mg | 0.044 | 0.006 | 3 | A | 1 | | 0.013 | 0.027 | |
| Folate, total | µg | 186 | 39.185 | 3 | A | 1 | | 53 | 112 | |
| Folic acid | µg | 142 | 36.014 | 3 | A | 1 | | 40 | 85 | |
| Folate, food | µg | 44 | | 0 | AS | 1 | | 13 | 27 | |
| Folate, DFE | mcg_DFE | 286 | | 0 | NC | 4 | | 81 | 171 | |
| Choline, total | mg | 29.5 | | 0 | AS | 1 | | 8.4 | 17.7 | |
| Betaine | mg | 50.0 | | 2 | A | 1 | | 14.2 | 30.0 | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | 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 | 0.000 | 15 | | 1 | | 0 | 0 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 9 | | 0 | FLA | 4 | | 3 | 6 | |
| Vitamin E (alpha-tocopherol) | mg | 0.35 | | 0 | FLA | 4 | | 0.10 | 0.21 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | 0.04 | | 0 | FLA | 4 | | 0.01 | 0.02 | |
| Tocopherol, gamma | mg | 0.23 | | 0 | FLA | 4 | | 0.07 | 0.14 | |
| Tocopherol, delta | mg | 0.01 | | 0 | FLA | 4 | | 0.00 | 0.01 | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |

**NDB No. 19047**
**Snacks, pretzels, hard, plain, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 2.1 | 0.388 | 3 | A | 1 | | 0.6 | 1.2 | |
| Dihydrophylloquinone....µg | 2.9 | 1.157 | 3 | A | 1 | | 0.8 | 1.7 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.501 | | 0 | NC | 4 | | 0.142 | 0.301 | |
| 4:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 13:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 14:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 15:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:0....g | 0.368 | 0.017 | 3 | A | 1 | | 0.104 | 0.221 | |
| 17:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:0....g | 0.124 | 0.014 | 3 | A | 1 | | 0.035 | 0.075 | |
| 20:0....g | 0.006 | 0.003 | 3 | A | 1 | | 0.002 | 0.004 | |
| 22:0....g | 0.003 | 0.003 | 3 | A | 1 | | 0.001 | 0.002 | |
| 24:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 1.222 | | 0 | NC | 4 | | 0.346 | 0.733 | |
| 14:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.001 | |
| 17:1....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 0.937 | | 0 | AS | 1 | | 0.266 | 0.562 | |
| 18:1 c....g | 0.937 | 0.122 | 3 | A | 1 | | 0.266 | 0.562 | |
| 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 | 0.007 | 0.004 | 3 | A | 1 | | 0.002 | 0.004 | |
| 22:1 undifferentiated....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 1.107 | | 0 | NC | 4 | | 0.314 | 0.664 | |
| 18:2 undifferentiated....g | 0.998 | 0.075 | 3 | A | 1 | | 0.283 | 0.599 | |
| 18:3 undifferentiated....g | 0.074 | | 0 | AS | 1 | | 0.021 | 0.045 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.074 | 0.017 | 3 | A | 1 | | 0.021 | 0.045 | |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 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 | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans-monoenoic....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans-polyenoic....g | | | | | | | | | |
| Cholesterol....mg | 0 | 0.000 | 13 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.097 | | 0 | A | 1 | | 0.027 | 0.058 | |
| Threonine....g | 0.250 | | 0 | A | 1 | | 0.071 | 0.150 | |
| Isoleucine....g | 0.407 | | 0 | A | 1 | | 0.115 | 0.244 | |
| Leucine....g | 0.757 | | 0 | A | 1 | | 0.215 | 0.454 | |

**NDB No. 19047**
**Snacks, pretzels, hard, plain, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Lysine....g | 0.257 | | 0 | A | 1 | | 0.073 | 0.154 | |
| Methionine....g | 0.177 | | 0 | A | 1 | | 0.050 | 0.106 | |
| Cystine....g | 0.170 | | 0 | A | 1 | | 0.048 | 0.102 | |
| Phenylalanine....g | 0.520 | | 0 | A | 1 | | 0.147 | 0.312 | |
| Tyrosine....g | 0.324 | | 0 | A | 1 | | 0.092 | 0.194 | |
| Valine....g | 0.480 | | 0 | A | 1 | | 0.136 | 0.288 | |
| Arginine....g | 0.363 | | 0 | A | 1 | | 0.103 | 0.218 | |
| Histidine....g | 0.220 | | 0 | A | 1 | | 0.062 | 0.132 | |
| Alanine....g | 0.340 | | 0 | A | 1 | | 0.096 | 0.204 | |
| Aspartic acid....g | 0.597 | | 0 | A | 1 | | 0.169 | 0.358 | |
| Glutamic acid....g | 3.647 | | 0 | A | 1 | | 1.034 | 2.188 | |
| Glycine....g | 0.417 | | 0 | A | 1 | | 0.118 | 0.250 | |
| Proline....g | 1.199 | | 0 | A | 1 | | 0.340 | 0.720 | |
| Serine....g | 0.534 | | 0 | A | 1 | | 0.151 | 0.320 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

**Calories Factors: Protein** 3.7 **Fat** 8.7 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19050**
**Snacks, pretzels, hard, whole-wheat**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.90 | 0.521 | 3 | | 1 | | 1.11 | 2.22 | |
| Energy....kcal | 362 | | 0 | NC | 4 | | 103 | 206 | |
| Energy....kJ | 1515 | | | | 4 | | 429 | 863 | |
| Protein (N x 5.8)....g | 11.10 | 0.648 | 3 | | 1 | | 3.15 | 6.33 | |
| Total lipid (fat)....g | 2.60 | 0.623 | 3 | | 1 | | 0.74 | 1.48 | |
| Ash....g | 1.10 | 0.173 | 3 | | 1 | | 0.31 | 0.63 | |
| Carbohydrate, by difference....g | 81.20 | | 0 | NC | 4 | | 23.02 | 46.28 | |
| Fiber, total dietary....g | 7.7 | | 0 | | 4 | | 2.2 | 4.4 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | 3.055 | 3 | | 1 | | 8 | 16 | |
| Iron, Fe....mg | 2.69 | 0.411 | 3 | | 1 | | 0.76 | 1.53 | |
| Magnesium, Mg....mg | 30 | | 1 | | 1 | | 9 | 17 | |
| Phosphorus, P....mg | 125 | | 1 | | 1 | | 35 | 71 | |
| Potassium, K....mg | 430 | | 2 | | 1 | | 122 | 245 | |
| Sodium, Na....mg | 203 | | 2 | | 1 | | 58 | 116 | |
| Zinc, Zn....mg | 0.62 | | 1 | | 1 | | 0.18 | 0.35 | |
| Copper, Cu....mg | 0.280 | | 1 | | 1 | | 0.079 | 0.160 | |
| Manganese, Mn....mg | 2.662 | | 1 | | 4 | | 0.755 | 1.517 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.0 | | 1 | | 4 | | 0.3 | 0.6 | |
| Thiamin....mg | 0.440 | 0.091 | 3 | | 1 | | 0.125 | 0.251 | |
| Riboflavin....mg | 0.291 | 0.135 | 3 | | 1 | | 0.082 | 0.166 | |
| Niacin....mg | 6.537 | 1.181 | 3 | | 1 | | 1.853 | 3.726 | |
| Pantothenic acid....mg | 0.812 | | 1 | | 4 | | 0.230 | 0.463 | |
| Vitamin B-6....mg | 0.274 | | 1 | | 4 | | 0.078 | 0.156 | |
| Folate, total....µg | 54 | | 1 | | 4 | | 15 | 31 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 54 | | 1 | | 4 | | 15 | 31 | |
| Folate, DFE....mcg_DFE | 54 | | 0 | NC | 4 | | 15 | 31 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | | 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 | 0.560 | | 0 | | 1 | | 0.159 | 0.319 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19050**
**Snacks, pretzels, hard, whole-wheat**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | |
| 10:0 g | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | |
| 12:0 g | 0.030 | | 3 | | 1 | | 0.009 | 0.017 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.020 | | 3 | | 1 | | 0.006 | 0.011 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.340 | | 3 | | 1 | | 0.096 | 0.194 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.170 | | 3 | | 1 | | 0.048 | 0.097 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.030 | | 0 | | 1 | | 0.292 | 0.587 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.030 | | 3 | | 1 | | 0.292 | 0.587 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.830 | | 0 | | 1 | | 0.235 | 0.473 | |
| 18:2 undifferentiated g | 0.790 | | 3 | | 1 | | 0.224 | 0.450 | |
| 18:3 undifferentiated g | 0.040 | | 3 | | 1 | | 0.011 | 0.023 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.172 | | 0 | | 1 | | 0.049 | 0.098 | |
| Threonine g | 0.325 | | 0 | | 1 | | 0.092 | 0.185 | |
| Isoleucine g | 0.412 | | 0 | | 1 | | 0.117 | 0.235 | |
| Leucine g | 0.750 | | 0 | | 1 | | 0.213 | 0.428 | |
| Lysine g | 0.307 | | 0 | | 1 | | 0.087 | 0.175 | |
| Methionine g | 0.178 | | 0 | | 1 | | 0.050 | 0.101 | |
| Cystine g | 0.252 | | 0 | | 1 | | 0.071 | 0.144 | |
| Phenylalanine g | 0.523 | | 0 | | 1 | | 0.148 | 0.298 | |
| Tyrosine g | 0.328 | | 0 | | 1 | | 0.093 | 0.187 | |
| Valine g | 0.504 | | 0 | | 1 | | 0.143 | 0.287 | |
| Arginine g | 0.563 | | 0 | | 1 | | 0.160 | 0.321 | |
| Histidine g | 0.258 | | 0 | | 1 | | 0.073 | 0.147 | |
| Alanine g | 0.399 | | 0 | | 1 | | 0.113 | 0.227 | |
| Aspartic acid g | 0.592 | | 0 | | 1 | | 0.168 | 0.337 | |
| Glutamic acid g | 3.414 | | 0 | | 1 | | 0.968 | 1.946 | |
| Glycine g | 0.456 | | 0 | | 1 | | 0.129 | 0.260 | |
| Proline g | 1.140 | | 0 | | 1 | | 0.323 | 0.650 | |
| Serine g | 0.523 | | 0 | | 1 | | 0.148 | 0.298 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19050**
**Snacks, pretzels, hard, whole-wheat**

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 3.5 **Fat** 8.5 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19052**
**Snacks, rice cakes, brown rice, buckwheat**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 5.90 | 0.500 | 4 | | 1 | | 0.53 | 1.06 | |
| Energy....kcal | 380 | | 0 | NC | 4 | | 34 | 68 | |
| Energy....kJ | 1590 | | | | 4 | | 143 | 286 | |
| Protein (N x 6.1)....g | 9.00 | 0.698 | 4 | | 1 | | 0.81 | 1.62 | |
| Total lipid (fat)....g | 3.50 | 0.405 | 4 | | 1 | | 0.32 | 0.63 | |
| Ash....g | 1.60 | 0.121 | 4 | | 1 | | 0.14 | 0.29 | |
| Carbohydrate, by difference....g | 80.10 | | 0 | NC | 4 | | 7.21 | 14.42 | |
| Fiber, total dietary....g | 3.8 | | 0 | | 4 | | 0.3 | 0.7 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | 2.903 | 4 | | 1 | | 1 | 2 | |
| Iron, Fe....mg | 1.14 | 0.188 | 4 | | 1 | | 0.10 | 0.21 | |
| Magnesium, Mg....mg | 151 | | 1 | | 1 | | 14 | 27 | |
| Phosphorus, P....mg | 380 | | 1 | | 1 | | 34 | 68 | |
| Potassium, K....mg | 299 | 10.966 | 4 | | 1 | | 27 | 54 | |
| Sodium, Na....mg | 116 | | 1 | | 1 | | 10 | 21 | |
| Zinc, Zn....mg | 2.50 | | 1 | | 1 | | 0.23 | 0.45 | |
| Copper, Cu....mg | 0.380 | | 1 | | 1 | | 0.034 | 0.068 | |
| Manganese, Mn....mg | 6.180 | | 1 | | 1 | | 0.556 | 1.112 | |
| Selenium, Se....µg | 16.4 | | 0 | FLM | 4 | | 1.5 | 3.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.056 | 0.010 | 4 | | 1 | | 0.005 | 0.010 | |
| Riboflavin....mg | 0.103 | 0.009 | 4 | | 1 | | 0.009 | 0.019 | |
| Niacin....mg | 8.096 | 1.129 | 4 | | 1 | | 0.729 | 1.457 | |
| Pantothenic acid....mg | 1.160 | | 1 | | 1 | | 0.104 | 0.209 | |
| Vitamin B-6....mg | 0.130 | | 1 | | 1 | | 0.012 | 0.023 | |
| Folate, total....µg | 21 | | 1 | | 1 | | 2 | 4 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 21 | | 1 | | 1 | | 2 | 4 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 2 | | 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 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 | 0.640 | | 0 | | 1 | | 0.058 | 0.115 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19052**
**Snacks, rice cakes, brown rice, buckwheat**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | 0.020 | | 1 | | 1 | | 0.002 | 0.004 | |
| 10:0 g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 12:0 g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.020 | | 1 | | 1 | | 0.002 | 0.004 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.510 | | 1 | | 1 | | 0.046 | 0.092 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.110 | | 0 | | 1 | | 0.100 | 0.200 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.020 | | 1 | | 1 | | 0.002 | 0.004 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.090 | | 1 | | 1 | | 0.098 | 0.196 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.110 | | 0 | | 1 | | 0.100 | 0.200 | |
| 18:2 undifferentiated g | 1.050 | | 1 | | 1 | | 0.095 | 0.189 | |
| 18:3 undifferentiated g | 0.070 | | 1 | | 1 | | 0.006 | 0.013 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.125 | | 0 | | 1 | | 0.011 | 0.023 | |
| Threonine g | 0.340 | | 0 | | 1 | | 0.031 | 0.061 | |
| Isoleucine g | 0.358 | | 0 | | 1 | | 0.032 | 0.064 | |
| Leucine g | 0.638 | | 0 | | 1 | | 0.057 | 0.115 | |
| Lysine g | 0.414 | | 0 | | 1 | | 0.037 | 0.075 | |
| Methionine g | 0.152 | | 0 | | 1 | | 0.014 | 0.027 | |
| Cystine g | 0.137 | | 0 | | 1 | | 0.012 | 0.025 | |
| Phenylalanine g | 0.399 | | 0 | | 1 | | 0.036 | 0.072 | |
| Tyrosine g | 0.233 | | 0 | | 1 | | 0.021 | 0.042 | |
| Valine g | 0.489 | | 0 | | 1 | | 0.044 | 0.088 | |
| Arginine g | 0.677 | | 0 | | 1 | | 0.061 | 0.122 | |
| Histidine g | 0.218 | | 0 | | 1 | | 0.020 | 0.039 | |
| Alanine g | 0.517 | | 0 | | 1 | | 0.047 | 0.093 | |
| Aspartic acid g | 0.800 | | 0 | | 1 | | 0.072 | 0.144 | |
| Glutamic acid g | 1.568 | | 0 | | 1 | | 0.141 | 0.282 | |
| Glycine g | 0.603 | | 0 | | 1 | | 0.054 | 0.109 | |
| Proline g | 0.376 | | 0 | | 1 | | 0.034 | 0.068 | |
| Serine g | 0.467 | | 0 | | 1 | | 0.042 | 0.084 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 9.0g: 1 cake

**NDB No. 19052**

**Snacks, rice cakes, brown rice, buckwheat**

Measure 2 = 18g: 2 cakes

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

**Food Group:** 25 Snacks

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

**NDB No. 19817**
**Snacks, rice cakes, brown rice, buckwheat, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 5.90 | 0.500 | 4 | | 1 | | 0.53 | 1.06 | |
| Energy....kcal | 380 | | 0 | NC | 4 | | 34 | 68 | |
| Energy....kJ | 1590 | | | | 4 | | 143 | 286 | |
| Protein (N x 6.1)....g | 9.00 | 0.698 | 4 | | 1 | | 0.81 | 1.62 | |
| Total lipid (fat)....g | 3.50 | 0.405 | 4 | | 1 | | 0.32 | 0.63 | |
| Ash....g | 1.60 | 0.121 | 4 | | 1 | | 0.14 | 0.29 | |
| Carbohydrate, by difference....g | 80.10 | | 0 | NC | 4 | | 7.21 | 14.42 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | 2.903 | 4 | | 1 | | 1 | 2 | |
| Iron, Fe....mg | 1.14 | 0.188 | 4 | | 1 | | 0.10 | 0.21 | |
| Magnesium, Mg....mg | 151 | | 1 | | 1 | | 14 | 27 | |
| Phosphorus, P....mg | 380 | | 1 | | 1 | | 34 | 68 | |
| Potassium, K....mg | 299 | 10.966 | 4 | | 1 | | 27 | 54 | |
| Sodium, Na....mg | 4 | | 0 | | 1 | | 0 | 1 | |
| Zinc, Zn....mg | 2.50 | | 1 | | 1 | | 0.23 | 0.45 | |
| Copper, Cu....mg | 0.380 | | 1 | | 1 | | 0.034 | 0.068 | |
| Manganese, Mn....mg | 6.180 | | 1 | | 1 | | 0.556 | 1.112 | |
| Selenium, Se....µg | 16.4 | | 0 | BFZN | 4 | | 1.5 | 3.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.056 | 0.010 | 4 | | 1 | | 0.005 | 0.010 | |
| Riboflavin....mg | 0.103 | 0.009 | 4 | | 1 | | 0.009 | 0.019 | |
| Niacin....mg | 8.096 | 1.129 | 4 | | 1 | | 0.729 | 1.457 | |
| Pantothenic acid....mg | 1.160 | | 1 | | 1 | | 0.104 | 0.209 | |
| Vitamin B-6....mg | 0.130 | | 1 | | 1 | | 0.012 | 0.023 | |
| Folate, total....µg | 21 | | 1 | | 1 | | 2 | 4 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 21 | | 1 | | 1 | | 2 | 4 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 2 | | 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 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 | 0.640 | | 0 | | 1 | | 0.058 | 0.115 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19817**
**Snacks, rice cakes, brown rice, buckwheat, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.020 | | 1 | | 1 | | 0.002 | 0.004 | |
| 10:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 12:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.020 | | 1 | | 1 | | 0.002 | 0.004 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.510 | | 1 | | 1 | | 0.046 | 0.092 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.110 | | 0 | | 1 | | 0.100 | 0.200 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.020 | | 1 | | 1 | | 0.002 | 0.004 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.090 | | 1 | | 1 | | 0.098 | 0.196 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.110 | | 0 | | 1 | | 0.100 | 0.200 | |
| 18:2 undifferentiated....g | 1.050 | | 1 | | 1 | | 0.095 | 0.189 | |
| 18:3 undifferentiated....g | 0.070 | | 1 | | 1 | | 0.006 | 0.013 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.125 | | 0 | | 1 | | 0.011 | 0.023 | |
| Threonine....g | 0.340 | | 0 | | 1 | | 0.031 | 0.061 | |
| Isoleucine....g | 0.358 | | 0 | | 1 | | 0.032 | 0.064 | |
| Leucine....g | 0.638 | | 0 | | 1 | | 0.057 | 0.115 | |
| Lysine....g | 0.414 | | 0 | | 1 | | 0.037 | 0.075 | |
| Methionine....g | 0.152 | | 0 | | 1 | | 0.014 | 0.027 | |
| Cystine....g | 0.137 | | 0 | | 1 | | 0.012 | 0.025 | |
| Phenylalanine....g | 0.399 | | 0 | | 1 | | 0.036 | 0.072 | |
| Tyrosine....g | 0.233 | | 0 | | 1 | | 0.021 | 0.042 | |
| Valine....g | 0.489 | | 0 | | 1 | | 0.044 | 0.088 | |
| Arginine....g | 0.677 | | 0 | | 1 | | 0.061 | 0.122 | |
| Histidine....g | 0.218 | | 0 | | 1 | | 0.020 | 0.039 | |
| Alanine....g | 0.517 | | 0 | | 1 | | 0.047 | 0.093 | |
| Aspartic acid....g | 0.800 | | 0 | | 1 | | 0.072 | 0.144 | |
| Glutamic acid....g | 1.568 | | 0 | | 1 | | 0.141 | 0.282 | |
| Glycine....g | 0.603 | | 0 | | 1 | | 0.054 | 0.109 | |
| Proline....g | 0.376 | | 0 | | 1 | | 0.034 | 0.068 | |
| Serine....g | 0.467 | | 0 | | 1 | | 0.042 | 0.084 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 9.0g: 1 cake

**NDB No. 19817**

**Snacks, rice cakes, brown rice, buckwheat, unsalted**

Measure 2 = 18g: 2 cakes

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

**Food Group:** 25 Snacks

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

**NDB No. 19413**
**Snacks, rice cakes, brown rice, corn**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 5.90 | 0.612 | 3 | | 1 | | 0.53 | 1.06 | |
| Energy....kcal | 385 | | 0 | NC | 4 | | 35 | 69 | |
| Energy....kJ | 1611 | | 0 | | 4 | | 145 | 290 | |
| Protein (N x 6.1)....g | 8.40 | 0.275 | 3 | | 1 | | 0.76 | 1.51 | |
| Total lipid (fat)....g | 3.20 | 0.088 | 3 | | 1 | | 0.29 | 0.58 | |
| Ash....g | 1.40 | 0.168 | 3 | | 1 | | 0.13 | 0.25 | |
| Carbohydrate, by difference....g | 81.20 | | 0 | NC | 4 | | 7.31 | 14.62 | |
| Fiber, total dietary....g | 2.9 | | 1 | | 1 | | 0.3 | 0.5 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 2 | | 1 | | 1 | 2 | |
| Iron, Fe....mg | 1.17 | | 2 | | 1 | | 0.11 | 0.21 | |
| Magnesium, Mg....mg | 114 | | 1 | | 1 | | 10 | 21 | |
| Phosphorus, P....mg | 320 | | 1 | | 1 | | 29 | 58 | |
| Potassium, K....mg | 275 | | 2 | | 1 | | 25 | 50 | |
| Sodium, Na....mg | 167 | | 0 | T | 4 | | 15 | 30 | |
| Zinc, Zn....mg | 2.22 | | 1 | | 1 | | 0.20 | 0.40 | |
| Copper, Cu....mg | 0.420 | | 1 | | 1 | | 0.038 | 0.076 | |
| Manganese, Mn....mg | 5.080 | | 1 | | 1 | | 0.457 | 0.914 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 2 | | 1 | | 0.007 | 0.014 | |
| Riboflavin....mg | 0.104 | | 2 | | 1 | | 0.009 | 0.019 | |
| Niacin....mg | 6.435 | | 2 | | 1 | | 0.579 | 1.158 | |
| Pantothenic acid....mg | 0.930 | | 1 | | 1 | | 0.084 | 0.167 | |
| Vitamin B-6....mg | 0.140 | | 1 | | 1 | | 0.013 | 0.025 | |
| Folate, total....µg | 19 | | 1 | | 1 | | 2 | 3 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 19 | | 1 | | 1 | | 2 | 3 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 2 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | | 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 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 | 0.630 | | 0 | | 1 | | 0.057 | 0.113 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19413**
**Snacks, rice cakes, brown rice, corn**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.540 | | 1 | | 1 | | 0.049 | 0.097 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.060 | | 1 | | 1 | | 0.005 | 0.011 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.140 | | 0 | | 1 | | 0.103 | 0.205 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.130 | | 1 | | 1 | | 0.102 | 0.203 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.130 | | 0 | | 1 | | 0.102 | 0.203 | |
| 18:2 undifferentiated....g | 1.090 | | 1 | | 1 | | 0.098 | 0.196 | |
| 18:3 undifferentiated....g | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.092 | | 0 | | 1 | | 0.008 | 0.017 | |
| Threonine....g | 0.306 | | 0 | | 1 | | 0.028 | 0.055 | |
| Isoleucine....g | 0.337 | | 0 | | 1 | | 0.030 | 0.061 | |
| Leucine....g | 0.781 | | 0 | | 1 | | 0.070 | 0.141 | |
| Lysine....g | 0.293 | | 0 | | 1 | | 0.026 | 0.053 | |
| Methionine....g | 0.183 | | 0 | | 1 | | 0.016 | 0.033 | |
| Cystine....g | 0.114 | | 0 | | 1 | | 0.010 | 0.021 | |
| Phenylalanine....g | 0.423 | | 0 | | 1 | | 0.038 | 0.076 | |
| Tyrosine....g | 0.319 | | 0 | | 1 | | 0.029 | 0.057 | |
| Valine....g | 0.469 | | 0 | | 1 | | 0.042 | 0.084 | |
| Arginine....g | 0.569 | | 0 | | 1 | | 0.051 | 0.102 | |
| Histidine....g | 0.223 | | 0 | | 1 | | 0.020 | 0.040 | |
| Alanine....g | 0.524 | | 0 | | 1 | | 0.047 | 0.094 | |
| Aspartic acid....g | 0.721 | | 0 | | 1 | | 0.065 | 0.130 | |
| Glutamic acid....g | 1.655 | | 0 | | 1 | | 0.149 | 0.298 | |
| Glycine....g | 0.390 | | 0 | | 1 | | 0.035 | 0.070 | |
| Proline....g | 0.485 | | 0 | | 1 | | 0.044 | 0.087 | |
| Serine....g | 0.420 | | 0 | | 1 | | 0.038 | 0.076 | |
| 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 = 9.0g: 1 cake

**NDB No. 19413**

**Snacks, rice cakes, brown rice, corn**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3 **Fat** 8.4 **Carbohydrate**4.1

**Food Group:** 25 Snacks

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

**NDB No. 19414**
**Snacks, rice cakes, brown rice, multigrain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 6.30 | 0.193 | 10 | | 1 | | 0.57 | 1.13 | |
| Energy....kcal | 387 | | 0 | NC | 4 | | 35 | 70 | |
| Energy....kJ | 1619 | | | | 4 | | 146 | 291 | |
| Protein (N x 5.9)....g | 8.50 | 0.227 | 10 | | 1 | | 0.77 | 1.53 | |
| Total lipid (fat)....g | 3.50 | 0.342 | 10 | | 1 | | 0.32 | 0.63 | |
| Ash....g | 1.60 | 0.107 | 10 | | 1 | | 0.14 | 0.29 | |
| Carbohydrate, by difference....g | 80.10 | | 0 | NC | 4 | | 7.21 | 14.42 | |
| Fiber, total dietary....g | 3.0 | | 0 | | 4 | | 0.3 | 0.5 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | 3.261 | 10 | | 1 | | 2 | 4 | |
| Iron, Fe....mg | 1.96 | 0.191 | 10 | | 1 | | 0.18 | 0.35 | |
| Magnesium, Mg....mg | 137 | 4.021 | 4 | | 1 | | 12 | 25 | |
| Phosphorus, P....mg | 370 | 16.833 | 4 | | 1 | | 33 | 67 | |
| Potassium, K....mg | 294 | 19.023 | 8 | | 1 | | 26 | 53 | |
| Sodium, Na....mg | 252 | 76.269 | 3 | | 1 | | 23 | 45 | |
| Zinc, Zn....mg | 2.53 | 0.184 | 4 | | 1 | | 0.23 | 0.46 | |
| Copper, Cu....mg | 0.427 | 0.033 | 3 | | 1 | | 0.038 | 0.077 | |
| Manganese, Mn....mg | 5.220 | 0.160 | 3 | | 1 | | 0.470 | 0.940 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 4 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.067 | 0.017 | 8 | | 1 | | 0.006 | 0.012 | |
| Riboflavin....mg | 0.184 | 0.041 | 8 | | 1 | | 0.017 | 0.033 | |
| Niacin....mg | 6.602 | 0.284 | 7 | | 1 | | 0.594 | 1.188 | |
| Pantothenic acid....mg | 1.002 | 0.039 | 4 | | 1 | | 0.090 | 0.180 | |
| Vitamin B-6....mg | 0.137 | 0.008 | 4 | | 1 | | 0.012 | 0.025 | |
| Folate, total....µg | 20 | 2.723 | 4 | | 1 | | 2 | 4 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 20 | 2.723 | 4 | | 1 | | 2 | 4 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | | 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 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 | 0.560 | | 0 | | 1 | | 0.050 | 0.101 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19414**
**Snacks, rice cakes, brown rice, multigrain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.460 | | 1 | | 1 | | 0.041 | 0.083 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.080 | | 1 | | 1 | | 0.007 | 0.014 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.160 | | 0 | | 1 | | 0.104 | 0.209 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.150 | | 1 | | 1 | | 0.104 | 0.207 | |
| 20:1 g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.440 | | 0 | | 1 | | 0.130 | 0.259 | |
| 18:2 undifferentiated g | 1.000 | | 1 | | 1 | | 0.090 | 0.180 | |
| 18:3 undifferentiated g | 0.440 | | 1 | | 1 | | 0.040 | 0.079 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.107 | | 0 | | 1 | | 0.010 | 0.019 | |
| Threonine g | 0.303 | | 0 | | 1 | | 0.027 | 0.055 | |
| Isoleucine g | 0.351 | | 0 | | 1 | | 0.032 | 0.063 | |
| Leucine g | 0.682 | | 0 | | 1 | | 0.061 | 0.123 | |
| Lysine g | 0.313 | | 0 | | 1 | | 0.028 | 0.056 | |
| Methionine g | 0.182 | | 0 | | 1 | | 0.016 | 0.033 | |
| Cystine g | 0.107 | | 0 | | 1 | | 0.010 | 0.019 | |
| Phenylalanine g | 0.424 | | 0 | | 1 | | 0.038 | 0.076 | |
| Tyrosine g | 0.299 | | 0 | | 1 | | 0.027 | 0.054 | |
| Valine g | 0.481 | | 0 | | 1 | | 0.043 | 0.087 | |
| Arginine g | 0.624 | | 0 | | 1 | | 0.056 | 0.112 | |
| Histidine g | 0.208 | | 0 | | 1 | | 0.019 | 0.037 | |
| Alanine g | 0.484 | | 0 | | 1 | | 0.044 | 0.087 | |
| Aspartic acid g | 0.771 | | 0 | | 1 | | 0.069 | 0.139 | |
| Glutamic acid g | 1.714 | | 0 | | 1 | | 0.154 | 0.309 | |
| Glycine g | 0.409 | | 0 | | 1 | | 0.037 | 0.074 | |
| Proline g | 0.409 | | 0 | | 1 | | 0.037 | 0.074 | |
| Serine g | 0.427 | | 0 | | 1 | | 0.038 | 0.077 | |
| 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 = 9.0g: 1 cake

**NDB No. 19414**

**Snacks, rice cakes, brown rice, multigrain**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.4 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19818**
**Snacks, rice cakes, brown rice, multigrain, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 6.30 | 0.193 | 10 | | 1 | | 0.57 | 1.13 | |
| Energy....kcal | 387 | | 0 | NC | 4 | | 35 | 70 | |
| Energy....kJ | 1619 | | | | 4 | | 146 | 291 | |
| Protein (N x 5.9)....g | 8.50 | 0.227 | 10 | | 1 | | 0.77 | 1.53 | |
| Total lipid (fat)....g | 3.50 | 0.342 | 10 | | 1 | | 0.32 | 0.63 | |
| Ash....g | 1.60 | 0.107 | 10 | | 1 | | 0.14 | 0.29 | |
| Carbohydrate, by difference....g | 80.10 | | 0 | NC | 4 | | 7.21 | 14.42 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | 3.261 | 10 | | 1 | | 2 | 4 | |
| Iron, Fe....mg | 1.96 | 0.191 | 10 | | 1 | | 0.18 | 0.35 | |
| Magnesium, Mg....mg | 137 | 4.021 | 4 | | 1 | | 12 | 25 | |
| Phosphorus, P....mg | 370 | 16.833 | 4 | | 1 | | 33 | 67 | |
| Potassium, K....mg | 294 | 19.023 | 8 | | 1 | | 26 | 53 | |
| Sodium, Na....mg | 4 | | 0 | | 1 | | 0 | 1 | |
| Zinc, Zn....mg | 2.53 | 0.184 | 4 | | 1 | | 0.23 | 0.46 | |
| Copper, Cu....mg | 0.427 | 0.033 | 3 | | 1 | | 0.038 | 0.077 | |
| Manganese, Mn....mg | 5.220 | 0.160 | 3 | | 1 | | 0.470 | 0.940 | |
| Selenium, Se....µg | 20.0 | | 0 | CAZN | 4 | | 1.8 | 3.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 4 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.067 | 0.017 | 8 | | 1 | | 0.006 | 0.012 | |
| Riboflavin....mg | 0.184 | 0.041 | 8 | | 1 | | 0.017 | 0.033 | |
| Niacin....mg | 6.602 | 0.284 | 7 | | 1 | | 0.594 | 1.188 | |
| Pantothenic acid....mg | 1.002 | 0.039 | 4 | | 1 | | 0.090 | 0.180 | |
| Vitamin B-6....mg | 0.137 | 0.008 | 4 | | 1 | | 0.012 | 0.025 | |
| Folate, total....µg | 20 | 2.723 | 4 | | 1 | | 2 | 4 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 20 | 2.723 | 4 | | 1 | | 2 | 4 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | | 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 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 | 0.560 | | 0 | | 1 | | 0.050 | 0.101 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19818**
**Snacks, rice cakes, brown rice, multigrain, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.460 | | 1 | | 1 | | 0.041 | 0.083 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.080 | | 1 | | 1 | | 0.007 | 0.014 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.160 | | 0 | | 1 | | 0.104 | 0.209 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.150 | | 1 | | 1 | | 0.104 | 0.207 | |
| 20:1 g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.440 | | 0 | | 1 | | 0.130 | 0.259 | |
| 18:2 undifferentiated g | 1.000 | | 1 | | 1 | | 0.090 | 0.180 | |
| 18:3 undifferentiated g | 0.440 | | 1 | | 1 | | 0.040 | 0.079 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.107 | | 0 | | 1 | | 0.010 | 0.019 | |
| Threonine g | 0.303 | | 0 | | 1 | | 0.027 | 0.055 | |
| Isoleucine g | 0.351 | | 0 | | 1 | | 0.032 | 0.063 | |
| Leucine g | 0.682 | | 0 | | 1 | | 0.061 | 0.123 | |
| Lysine g | 0.313 | | 0 | | 1 | | 0.028 | 0.056 | |
| Methionine g | 0.182 | | 0 | | 1 | | 0.016 | 0.033 | |
| Cystine g | 0.107 | | 0 | | 1 | | 0.010 | 0.019 | |
| Phenylalanine g | 0.424 | | 0 | | 1 | | 0.038 | 0.076 | |
| Tyrosine g | 0.299 | | 0 | | 1 | | 0.027 | 0.054 | |
| Valine g | 0.481 | | 0 | | 1 | | 0.043 | 0.087 | |
| Arginine g | 0.624 | | 0 | | 1 | | 0.056 | 0.112 | |
| Histidine g | 0.208 | | 0 | | 1 | | 0.019 | 0.037 | |
| Alanine g | 0.484 | | 0 | | 1 | | 0.044 | 0.087 | |
| Aspartic acid g | 0.771 | | 0 | | 1 | | 0.069 | 0.139 | |
| Glutamic acid g | 1.714 | | 0 | | 1 | | 0.154 | 0.309 | |
| Glycine g | 0.409 | | 0 | | 1 | | 0.037 | 0.074 | |
| Proline g | 0.409 | | 0 | | 1 | | 0.037 | 0.074 | |
| Serine g | 0.427 | | 0 | | 1 | | 0.038 | 0.077 | |
| 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 = 9.0g: 1 cake

**NDB No. 19818**

**Snacks, rice cakes, brown rice, multigrain, unsalted**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.4 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19051**
**Snacks, rice cakes, brown rice, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.80 | 0.420 | 10 | | 1 | | 0.52 | 1.04 | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 35 | 70 | |
| Energy | kJ | 1619 | | 0 | | 4 | | 146 | 291 | |
| Protein (N x 5.95) | g | 8.20 | 0.431 | 10 | | 1 | | 0.74 | 1.48 | |
| Total lipid (fat) | g | 2.80 | 0.340 | 10 | | 1 | | 0.25 | 0.50 | |
| Ash | g | 1.70 | 0.188 | 10 | | 1 | | 0.15 | 0.31 | |
| Carbohydrate, by difference | g | 81.50 | | 0 | NC | 4 | | 7.34 | 14.67 | |
| Fiber, total dietary | g | 4.2 | | 0 | | 1 | | 0.4 | 0.8 | |
| Sugars, total | g | 0.88 | | 0 | FLA | 4 | | 0.08 | 0.16 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | 1.255 | 9 | | 1 | | 1 | 2 | |
| Iron, Fe | mg | 1.49 | 0.124 | 9 | | 1 | | 0.13 | 0.27 | |
| Magnesium, Mg | mg | 131 | | 2 | | 1 | | 12 | 24 | |
| Phosphorus, P | mg | 360 | | 2 | | 1 | | 32 | 65 | |
| Potassium, K | mg | 290 | 21.258 | 6 | | 1 | | 26 | 52 | |
| Sodium, Na | mg | 326 | 37.510 | 6 | | 1 | | 29 | 59 | |
| Zinc, Zn | mg | 3.00 | | 2 | | 1 | | 0.27 | 0.54 | |
| Copper, Cu | mg | 0.445 | | 2 | | 1 | | 0.040 | 0.080 | |
| Manganese, Mn | mg | 3.730 | | 1 | | 4 | | 0.336 | 0.671 | |
| Selenium, Se | µg | 24.6 | | 0 | BFZN | 4 | | 2.2 | 4.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 4 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.061 | 0.012 | 9 | | 1 | | 0.005 | 0.011 | |
| Riboflavin | mg | 0.165 | 0.036 | 8 | | 1 | | 0.015 | 0.030 | |
| Niacin | mg | 7.806 | 0.419 | 7 | | 1 | | 0.703 | 1.405 | |
| Pantothenic acid | mg | 1.000 | | 2 | | 1 | | 0.090 | 0.180 | |
| Vitamin B-6 | mg | 0.150 | | 2 | | 1 | | 0.014 | 0.027 | |
| Folate, total | µg | 21 | | 2 | | 1 | | 2 | 4 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 21 | | 2 | | 1 | | 2 | 4 | |
| Folate, DFE | mcg_DFE | 21 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total | mg | 32.1 | | 0 | FLA | 4 | | 2.9 | 5.8 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 2 | | 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 | NC | 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 | 0 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.24 | | 0 | FLA | 4 | | 0.11 | 0.22 | |
| 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 1.9 | | 0 | FLA | 4 | | 0.2 | 0.3 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19051**
**Snacks, rice cakes, brown rice, plain**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.570 | | 0 | | 1 | | 0.051 | 0.103 | |
| 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 | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.480 | | 1 | | 1 | | 0.043 | 0.086 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.030 | | 0 | | 1 | | 0.093 | 0.185 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.020 | | 1 | | 1 | | 0.092 | 0.184 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.990 | | 0 | | 1 | | 0.089 | 0.178 | |
| 18:2 undifferentiated....g | 0.970 | | 1 | | 1 | | 0.087 | 0.175 | |
| 18:3 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.104 | | 0 | | 1 | | 0.009 | 0.019 | |
| Threonine....g | 0.299 | | 0 | | 1 | | 0.027 | 0.054 | |
| Isoleucine....g | 0.346 | | 0 | | 1 | | 0.031 | 0.062 | |
| Leucine....g | 0.675 | | 0 | | 1 | | 0.061 | 0.122 | |
| Lysine....g | 0.311 | | 0 | | 1 | | 0.028 | 0.056 | |
| Methionine....g | 0.184 | | 0 | | 1 | | 0.017 | 0.033 | |
| Cystine....g | 0.099 | | 0 | | 1 | | 0.009 | 0.018 | |
| Phenylalanine....g | 0.421 | | 0 | | 1 | | 0.038 | 0.076 | |
| Tyrosine....g | 0.306 | | 0 | | 1 | | 0.028 | 0.055 | |
| Valine....g | 0.479 | | 0 | | 1 | | 0.043 | 0.086 | |
| Arginine....g | 0.618 | | 0 | | 1 | | 0.056 | 0.111 | |
| Histidine....g | 0.207 | | 0 | | 1 | | 0.019 | 0.037 | |
| Alanine....g | 0.476 | | 0 | | 1 | | 0.043 | 0.086 | |
| Aspartic acid....g | 0.764 | | 0 | | 1 | | 0.069 | 0.138 | |
| Glutamic acid....g | 1.662 | | 0 | | 1 | | 0.150 | 0.299 | |
| Glycine....g | 0.402 | | 0 | | 1 | | 0.036 | 0.072 | |
| Proline....g | 0.383 | | 0 | | 1 | | 0.034 | 0.069 | |
| Serine....g | 0.422 | | 0 | | 1 | | 0.038 | 0.076 | |
| 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.

**NDB No. 19051**
**Snacks, rice cakes, brown rice, plain**

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

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

**Common Measures:**

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

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

**Food Group:** 25 Snacks

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

**NDB No. 19816**
**Snacks, rice cakes, brown rice, plain, unsalted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.80 | 0.420 | 10 | | 1 | | 0.52 | 1.04 | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 35 | 70 | |
| Energy | kJ | 1619 | | 0 | | 4 | | 146 | 291 | |
| Protein (N x 5.95) | g | 8.20 | 0.431 | 10 | | 1 | | 0.74 | 1.48 | |
| Total lipid (fat) | g | 2.80 | 0.340 | 10 | | 1 | | 0.25 | 0.50 | |
| Ash | g | 1.70 | 0.188 | 10 | | 1 | | 0.15 | 0.31 | |
| Carbohydrate, by difference | g | 81.50 | | 0 | NC | 4 | | 7.34 | 14.67 | |
| Fiber, total dietary | g | 4.2 | | 0 | | 4 | | 0.4 | 0.8 | |
| Sugars, total | g | 0.88 | | 0 | O | 4 | | 0.08 | 0.16 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | 1.255 | 9 | | 1 | | 1 | 2 | |
| Iron, Fe | mg | 1.49 | 0.124 | 9 | | 1 | | 0.13 | 0.27 | |
| Magnesium, Mg | mg | 131 | | 2 | | 1 | | 12 | 24 | |
| Phosphorus, P | mg | 360 | | 2 | | 1 | | 32 | 65 | |
| Potassium, K | mg | 290 | 21.258 | 6 | | 1 | | 26 | 52 | |
| Sodium, Na | mg | 26 | | 0 | | 1 | | 2 | 5 | |
| Zinc, Zn | mg | 3.00 | | 2 | | 1 | | 0.27 | 0.54 | |
| Copper, Cu | mg | 0.445 | | 2 | | 1 | | 0.040 | 0.080 | |
| Manganese, Mn | mg | 3.730 | | 1 | | 4 | | 0.336 | 0.671 | |
| Selenium, Se | µg | 24.6 | | 0 | BFZN | 4 | | 2.2 | 4.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 4 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.061 | 0.012 | 9 | | 1 | | 0.005 | 0.011 | |
| Riboflavin | mg | 0.165 | 0.036 | 8 | | 1 | | 0.015 | 0.030 | |
| Niacin | mg | 7.806 | 0.419 | 7 | | 1 | | 0.703 | 1.405 | |
| Pantothenic acid | mg | 1.000 | | 2 | | 1 | | 0.090 | 0.180 | |
| Vitamin B-6 | mg | 0.150 | | 2 | | 1 | | 0.014 | 0.027 | |
| Folate, total | µg | 21 | | 2 | | 1 | | 2 | 4 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 21 | | 2 | | 1 | | 2 | 4 | |
| Folate, DFE | mcg_DFE | 21 | | 0 | NC | 4 | | 2 | 4 | |
| Choline, total | mg | 31.6 | | 0 | NR | 4 | | 2.8 | 5.7 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 2 | | 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 | | 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 | 1.24 | | 0 | O | 4 | | 0.11 | 0.22 | |
| 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 1.9 | | 0 | O | 4 | | 0.2 | 0.3 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19816**
**Snacks, rice cakes, brown rice, plain, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.570 | | 0 | | 1 | | 0.051 | 0.103 | |
| 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 | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.480 | | 1 | | 1 | | 0.043 | 0.086 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.050 | | 1 | | 1 | | 0.005 | 0.009 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.030 | | 0 | | 1 | | 0.093 | 0.185 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.020 | | 1 | | 1 | | 0.092 | 0.184 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.990 | | 0 | | 1 | | 0.089 | 0.178 | |
| 18:2 undifferentiated....g | 0.970 | | 1 | | 1 | | 0.087 | 0.175 | |
| 18:3 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.104 | | 0 | | 1 | | 0.009 | 0.019 | |
| Threonine....g | 0.299 | | 0 | | 1 | | 0.027 | 0.054 | |
| Isoleucine....g | 0.346 | | 0 | | 1 | | 0.031 | 0.062 | |
| Leucine....g | 0.675 | | 0 | | 1 | | 0.061 | 0.122 | |
| Lysine....g | 0.311 | | 0 | | 1 | | 0.028 | 0.056 | |
| Methionine....g | 0.184 | | 0 | | 1 | | 0.017 | 0.033 | |
| Cystine....g | 0.099 | | 0 | | 1 | | 0.009 | 0.018 | |
| Phenylalanine....g | 0.421 | | 0 | | 1 | | 0.038 | 0.076 | |
| Tyrosine....g | 0.306 | | 0 | | 1 | | 0.028 | 0.055 | |
| Valine....g | 0.479 | | 0 | | 1 | | 0.043 | 0.086 | |
| Arginine....g | 0.618 | | 0 | | 1 | | 0.056 | 0.111 | |
| Histidine....g | 0.207 | | 0 | | 1 | | 0.019 | 0.037 | |
| Alanine....g | 0.476 | | 0 | | 1 | | 0.043 | 0.086 | |
| Aspartic acid....g | 0.764 | | 0 | | 1 | | 0.069 | 0.138 | |
| Glutamic acid....g | 1.662 | | 0 | | 1 | | 0.150 | 0.299 | |
| Glycine....g | 0.402 | | 0 | | 1 | | 0.036 | 0.072 | |
| Proline....g | 0.383 | | 0 | | 1 | | 0.034 | 0.069 | |
| Serine....g | 0.422 | | 0 | | 1 | | 0.038 | 0.076 | |
| 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. 19816**

**Snacks, rice cakes, brown rice, plain, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

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

**Food Group:** 25 Snacks

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

**NDB No. 19416**
**Snacks, rice cakes, brown rice, rye**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 6.80 | 0.164 | 3 | | 1 | | 0.61 | 1.22 | |
| Energy....kcal | 386 | | 0 | NC | 4 | | 35 | 69 | |
| Energy....kJ | 1615 | | | | 4 | | 145 | 291 | |
| Protein (N x 5.9)....g | 8.10 | 0.279 | 3 | | 1 | | 0.73 | 1.46 | |
| Total lipid (fat)....g | 3.80 | 0.219 | 3 | | 1 | | 0.34 | 0.68 | |
| Ash....g | 1.50 | 0.194 | 3 | | 1 | | 0.14 | 0.27 | |
| Carbohydrate, by difference....g | 79.90 | | 0 | NC | 4 | | 7.19 | 14.38 | |
| Fiber, total dietary....g | 4.0 | | 1 | | 1 | | 0.4 | 0.7 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 2 | | 1 | | 2 | 4 | |
| Iron, Fe....mg | 1.80 | | 2 | | 1 | | 0.16 | 0.32 | |
| Magnesium, Mg....mg | 144 | | 1 | | 1 | | 13 | 26 | |
| Phosphorus, P....mg | 380 | | 1 | | 1 | | 34 | 68 | |
| Potassium, K....mg | 311 | | 2 | | 1 | | 28 | 56 | |
| Sodium, Na....mg | 110 | | 1 | | 1 | | 10 | 20 | |
| Zinc, Zn....mg | 3.00 | | 1 | | 1 | | 0.27 | 0.54 | |
| Copper, Cu....mg | 0.390 | | 1 | | 1 | | 0.035 | 0.070 | |
| Manganese, Mn....mg | 2.977 | | 1 | | 4 | | 0.268 | 0.536 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.091 | | 2 | | 1 | | 0.008 | 0.016 | |
| Riboflavin....mg | 0.090 | | 2 | | 1 | | 0.008 | 0.016 | |
| Niacin....mg | 7.040 | | 2 | | 1 | | 0.634 | 1.267 | |
| Pantothenic acid....mg | 1.110 | | 1 | | 4 | | 0.100 | 0.200 | |
| Vitamin B-6....mg | 0.150 | | 1 | | 1 | | 0.014 | 0.027 | |
| Folate, total....µg | 5 | | 1 | | 1 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 5 | | 1 | | 1 | | 0 | 1 | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 3 | | 1 | | 4 | | 0 | 1 | |
| 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 | 0.580 | | 0 | | 1 | | 0.052 | 0.104 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19416**
**Snacks, rice cakes, brown rice, rye**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.450 | | 1 | | 1 | | 0.041 | 0.081 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.110 | | 1 | | 1 | | 0.010 | 0.020 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.310 | | 0 | | 1 | | 0.118 | 0.236 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.300 | | 1 | | 1 | | 0.117 | 0.234 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.550 | | 0 | | 1 | | 0.140 | 0.279 | |
| 18:2 undifferentiated....g | 1.490 | | 1 | | 1 | | 0.134 | 0.268 | |
| 18:3 undifferentiated....g | 0.060 | | 1 | | 1 | | 0.005 | 0.011 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.097 | | 0 | | 1 | | 0.009 | 0.017 | |
| Threonine....g | 0.294 | | 0 | | 1 | | 0.026 | 0.053 | |
| Isoleucine....g | 0.328 | | 0 | | 1 | | 0.030 | 0.059 | |
| Leucine....g | 0.621 | | 0 | | 1 | | 0.056 | 0.112 | |
| Lysine....g | 0.316 | | 0 | | 1 | | 0.028 | 0.057 | |
| Methionine....g | 0.165 | | 0 | | 1 | | 0.015 | 0.030 | |
| Cystine....g | 0.127 | | 0 | | 1 | | 0.011 | 0.023 | |
| Phenylalanine....g | 0.399 | | 0 | | 1 | | 0.036 | 0.072 | |
| Tyrosine....g | 0.261 | | 0 | | 1 | | 0.023 | 0.047 | |
| Valine....g | 0.451 | | 0 | | 1 | | 0.041 | 0.081 | |
| Arginine....g | 0.553 | | 0 | | 1 | | 0.050 | 0.100 | |
| Histidine....g | 0.204 | | 0 | | 1 | | 0.018 | 0.037 | |
| Alanine....g | 0.443 | | 0 | | 1 | | 0.040 | 0.080 | |
| Aspartic acid....g | 0.716 | | 0 | | 1 | | 0.064 | 0.129 | |
| Glutamic acid....g | 1.769 | | 0 | | 1 | | 0.159 | 0.318 | |
| Glycine....g | 0.392 | | 0 | | 1 | | 0.035 | 0.071 | |
| Proline....g | 0.531 | | 0 | | 1 | | 0.048 | 0.096 | |
| Serine....g | 0.402 | | 0 | | 1 | | 0.036 | 0.072 | |
| 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 = 9.0g: 1 cake

**NDB No. 19416**

**Snacks, rice cakes, brown rice, rye**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.3 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19053**
**Snacks, rice cakes, brown rice, sesame seed**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 5.90 | 0.318 | 7 | | 1 | | 0.53 | 1.06 | |
| Energy....kcal | 392 | | 0 | NC | 4 | | 35 | 71 | |
| Energy....kJ | 1640 | | | | 4 | | 148 | 295 | |
| Protein (N x 5.9)....g | 7.60 | 0.325 | 7 | | 1 | | 0.68 | 1.37 | |
| Total lipid (fat)....g | 3.80 | 0.241 | 7 | | 1 | | 0.34 | 0.68 | |
| Ash....g | 1.20 | 0.163 | 7 | | 1 | | 0.11 | 0.22 | |
| Carbohydrate, by difference....g | 81.50 | | 0 | NC | 4 | | 7.34 | 14.67 | |
| Fiber, total dietary....g | 5.4 | | 0 | | 1 | | 0.5 | 1.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | 1.779 | 6 | | 1 | | 1 | 2 | |
| Iron, Fe....mg | 1.58 | 0.248 | 6 | | 1 | | 0.14 | 0.28 | |
| Magnesium, Mg....mg | 136 | | 2 | | 1 | | 12 | 24 | |
| Phosphorus, P....mg | 375 | | 2 | | 1 | | 34 | 68 | |
| Potassium, K....mg | 290 | 13.163 | 6 | | 1 | | 26 | 52 | |
| Sodium, Na....mg | 227 | | 2 | | 1 | | 20 | 41 | |
| Zinc, Zn....mg | 3.00 | | 2 | | 1 | | 0.27 | 0.54 | |
| Copper, Cu....mg | 0.390 | | 2 | | 1 | | 0.035 | 0.070 | |
| Manganese, Mn....mg | 4.299 | | 1 | | 4 | | 0.387 | 0.774 | |
| Selenium, Se....µg | 24.1 | | 0 | FLM | 4 | | 2.2 | 4.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.0 | | 1 | | 4 | | 0.3 | 0.5 | |
| Thiamin....mg | 0.048 | 0.011 | 5 | | 1 | | 0.004 | 0.009 | |
| Riboflavin....mg | 0.085 | 0.013 | 6 | | 1 | | 0.008 | 0.015 | |
| Niacin....mg | 7.205 | 0.632 | 4 | | 1 | | 0.648 | 1.297 | |
| Pantothenic acid....mg | 1.461 | | 1 | | 4 | | 0.131 | 0.263 | |
| Vitamin B-6....mg | 0.155 | | 2 | | 1 | | 0.014 | 0.028 | |
| Folate, total....µg | 18 | | 2 | | 1 | | 2 | 3 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 18 | | 2 | | 1 | | 2 | 3 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 2 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 2 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 2 | | 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 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 | 0.540 | | 0 | | 1 | | 0.049 | 0.097 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19053**
**Snacks, rice cakes, brown rice, sesame seed**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.430 | | 1 | | 1 | | 0.039 | 0.077 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.080 | | 1 | | 1 | | 0.007 | 0.014 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.100 | | 0 | | 1 | | 0.099 | 0.198 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.090 | | 1 | | 1 | | 0.098 | 0.196 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.150 | | 0 | | 1 | | 0.104 | 0.207 | |
| 18:2 undifferentiated....g | 1.110 | | 1 | | 1 | | 0.100 | 0.200 | |
| 18:3 undifferentiated....g | 0.040 | | 1 | | 1 | | 0.004 | 0.007 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.100 | | 0 | | 1 | | 0.009 | 0.018 | |
| Threonine....g | 0.279 | | 0 | | 1 | | 0.025 | 0.050 | |
| Isoleucine....g | 0.321 | | 0 | | 1 | | 0.029 | 0.058 | |
| Leucine....g | 0.625 | | 0 | | 1 | | 0.056 | 0.113 | |
| Lysine....g | 0.288 | | 0 | | 1 | | 0.026 | 0.052 | |
| Methionine....g | 0.174 | | 0 | | 1 | | 0.016 | 0.031 | |
| Cystine....g | 0.094 | | 0 | | 1 | | 0.008 | 0.017 | |
| Phenylalanine....g | 0.391 | | 0 | | 1 | | 0.035 | 0.070 | |
| Tyrosine....g | 0.286 | | 0 | | 1 | | 0.026 | 0.051 | |
| Valine....g | 0.444 | | 0 | | 1 | | 0.040 | 0.080 | |
| Arginine....g | 0.595 | | 0 | | 1 | | 0.054 | 0.107 | |
| Histidine....g | 0.193 | | 0 | | 1 | | 0.017 | 0.035 | |
| Alanine....g | 0.440 | | 0 | | 1 | | 0.040 | 0.079 | |
| Aspartic acid....g | 0.710 | | 0 | | 1 | | 0.064 | 0.128 | |
| Glutamic acid....g | 1.550 | | 0 | | 1 | | 0.140 | 0.279 | |
| Glycine....g | 0.380 | | 0 | | 1 | | 0.034 | 0.068 | |
| Proline....g | 0.355 | | 0 | | 1 | | 0.032 | 0.064 | |
| Serine....g | 0.394 | | 0 | | 1 | | 0.035 | 0.071 | |
| 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 = 9.0g: 1 cake

**NDB No. 19053**

**Snacks, rice cakes, brown rice, sesame seed**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.1 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19819**
**Snacks, rice cakes, brown rice, sesame seed, unsalted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 5.90 | 0.318 | 7 | | 1 | | 0.53 | 1.06 | |
| Energy....kcal | 392 | | 0 | NC | 4 | | 35 | 71 | |
| Energy....kJ | 1640 | | | | 4 | | 148 | 295 | |
| Protein (N x 5.9)....g | 7.60 | 0.325 | 7 | | 1 | | 0.68 | 1.37 | |
| Total lipid (fat)....g | 3.80 | 0.241 | 7 | | 1 | | 0.34 | 0.68 | |
| Ash....g | 1.20 | 0.163 | 7 | | 1 | | 0.11 | 0.22 | |
| Carbohydrate, by difference....g | 81.50 | | 0 | NC | 4 | | 7.34 | 14.67 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | 1.779 | 6 | | 1 | | 1 | 2 | |
| Iron, Fe....mg | 1.58 | 0.248 | 6 | | 1 | | 0.14 | 0.28 | |
| Magnesium, Mg....mg | 136 | | 2 | | 1 | | 12 | 24 | |
| Phosphorus, P....mg | 375 | | 2 | | 1 | | 34 | 68 | |
| Potassium, K....mg | 290 | 13.163 | 6 | | 1 | | 26 | 52 | |
| Sodium, Na....mg | 4 | | 0 | | 1 | | 0 | 1 | |
| Zinc, Zn....mg | 3.00 | | 2 | | 1 | | 0.27 | 0.54 | |
| Copper, Cu....mg | 0.390 | | 2 | | 1 | | 0.035 | 0.070 | |
| Manganese, Mn....mg | 4.299 | | 1 | | 4 | | 0.387 | 0.774 | |
| Selenium, Se....µg | 24.1 | | 0 | BFZN | 4 | | 2.2 | 4.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.0 | | 1 | | 4 | | 0.3 | 0.5 | |
| Thiamin....mg | 0.048 | 0.011 | 5 | | 1 | | 0.004 | 0.009 | |
| Riboflavin....mg | 0.085 | 0.013 | 6 | | 1 | | 0.008 | 0.015 | |
| Niacin....mg | 7.205 | 0.632 | 4 | | 1 | | 0.648 | 1.297 | |
| Pantothenic acid....mg | 1.461 | | 1 | | 4 | | 0.131 | 0.263 | |
| Vitamin B-6....mg | 0.155 | | 2 | | 1 | | 0.014 | 0.028 | |
| Folate, total....µg | 18 | | 2 | | 1 | | 2 | 3 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 18 | | 2 | | 1 | | 2 | 3 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 2 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 2 | | 1 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 2 | | 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 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 | 0.540 | | 0 | | 1 | | 0.049 | 0.097 | |
| 4:0....g | | | | | | | | | |

**NDB No. 19819**
**Snacks, rice cakes, brown rice, sesame seed, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.430 | | 1 | | 1 | | 0.039 | 0.077 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.080 | | 1 | | 1 | | 0.007 | 0.014 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.100 | | 0 | | 1 | | 0.099 | 0.198 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.010 | | 1 | | 1 | | 0.001 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.090 | | 1 | | 1 | | 0.098 | 0.196 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.150 | | 0 | | 1 | | 0.104 | 0.207 | |
| 18:2 undifferentiated....g | 1.110 | | 1 | | 1 | | 0.100 | 0.200 | |
| 18:3 undifferentiated....g | 0.040 | | 1 | | 1 | | 0.004 | 0.007 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.100 | | 0 | | 1 | | 0.009 | 0.018 | |
| Threonine....g | 0.279 | | 0 | | 1 | | 0.025 | 0.050 | |
| Isoleucine....g | 0.321 | | 0 | | 1 | | 0.029 | 0.058 | |
| Leucine....g | 0.625 | | 0 | | 1 | | 0.056 | 0.113 | |
| Lysine....g | 0.288 | | 0 | | 1 | | 0.026 | 0.052 | |
| Methionine....g | 0.174 | | 0 | | 1 | | 0.016 | 0.031 | |
| Cystine....g | 0.094 | | 0 | | 1 | | 0.008 | 0.017 | |
| Phenylalanine....g | 0.391 | | 0 | | 1 | | 0.035 | 0.070 | |
| Tyrosine....g | 0.286 | | 0 | | 1 | | 0.026 | 0.051 | |
| Valine....g | 0.444 | | 0 | | 1 | | 0.040 | 0.080 | |
| Arginine....g | 0.595 | | 0 | | 1 | | 0.054 | 0.107 | |
| Histidine....g | 0.193 | | 0 | | 1 | | 0.017 | 0.035 | |
| Alanine....g | 0.440 | | 0 | | 1 | | 0.040 | 0.079 | |
| Aspartic acid....g | 0.710 | | 0 | | 1 | | 0.064 | 0.128 | |
| Glutamic acid....g | 1.550 | | 0 | | 1 | | 0.140 | 0.279 | |
| Glycine....g | 0.380 | | 0 | | 1 | | 0.034 | 0.068 | |
| Proline....g | 0.355 | | 0 | | 1 | | 0.032 | 0.064 | |
| Serine....g | 0.394 | | 0 | | 1 | | 0.035 | 0.071 | |
| 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 = 9.0g: 1 cake

**NDB No. 19819**

**Snacks, rice cakes, brown rice, sesame seed, unsalted**

Measure 2 = 18g: 2 cakes

**Calories Factors: Protein** 3.4 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 25 Snacks

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

**NDB No. 19418**
**Snacks, sesame sticks, wheat-based, salted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | | 1 | | 1 | | 0.57 | 1.14 | |
| Energy | kcal | 541 | | 0 | NC | 4 | | 153 | 308 | |
| Energy | kJ | 2264 | | 0 | | 4 | | 642 | 1290 | |
| Protein (N x 5.7) | g | 10.90 | | 1 | | 1 | | 3.09 | 6.21 | |
| Total lipid (fat) | g | 36.70 | | 1 | | 1 | | 10.40 | 20.92 | |
| Ash | g | 3.90 | | 1 | | 4 | | 1.11 | 2.22 | |
| Carbohydrate, by difference | g | 46.50 | | 0 | NC | 4 | | 13.18 | 26.51 | |
| Fiber, total dietary | g | 2.8 | | 0 | | 4 | | 0.8 | 1.6 | |
| Sugars, total | g | 0.19 | | 0 | FLA | 4 | | 0.05 | 0.11 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 170 | | 1 | | 1 | | 48 | 97 | |
| Iron, Fe | mg | 0.74 | | 1 | | 1 | | 0.21 | 0.42 | |
| Magnesium, Mg | mg | 45 | | 1 | | 4 | | 13 | 26 | |
| Phosphorus, P | mg | 138 | | 1 | | 4 | | 39 | 79 | |
| Potassium, K | mg | 177 | | 1 | | 4 | | 50 | 101 | |
| Sodium, Na | mg | 1488 | | 1 | | 1 | | 422 | 848 | |
| Zinc, Zn | mg | 1.17 | | 1 | | 4 | | 0.33 | 0.67 | |
| Copper, Cu | mg | 0.406 | | 1 | | 4 | | 0.115 | 0.231 | |
| Manganese, Mn | mg | 0.904 | | 1 | | 4 | | 0.256 | 0.515 | |
| Selenium, Se | µg | 17.1 | | 0 | FLM | 4 | | 4.8 | 9.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.123 | | 1 | | 1 | | 0.035 | 0.070 | |
| Riboflavin | mg | 0.063 | | 1 | | 1 | | 0.018 | 0.036 | |
| Niacin | mg | 1.552 | | 1 | | 1 | | 0.440 | 0.885 | |
| Pantothenic acid | mg | 0.234 | | 1 | | 4 | | 0.066 | 0.133 | |
| Vitamin B-6 | mg | 0.086 | | 1 | | 4 | | 0.024 | 0.049 | |
| Folate, total | µg | 22 | | 1 | | 4 | | 6 | 13 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 22 | | 1 | | 4 | | 6 | 13 | |
| Folate, DFE | mcg_DFE | 22 | | 0 | NC | 4 | | 6 | 13 | |
| Choline, total | mg | 17.0 | | 0 | FLM | 4 | | 4.8 | 9.7 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | 3 | | 0 | FLA | 4 | | 1 | 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 | 3 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 19 | | 0 | FLA | 4 | | 5 | 11 | |
| Vitamin E (alpha-tocopherol) | mg | 3.85 | | 0 | FLA | 4 | | 1.09 | 2.19 | |
| 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 8.0 | | 0 | FLA | 4 | | 2.3 | 4.6 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19418**
**Snacks, sesame sticks, wheat-based, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 6.480 | | 0 | | 1 | | 1.837 | 3.694 | |
| 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 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 12:0....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.110 | | 1 | | 1 | | 0.031 | 0.063 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.000 | | 1 | | 1 | | 1.418 | 2.850 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.350 | | 1 | | 1 | | 0.383 | 0.770 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.910 | | 0 | | 1 | | 3.093 | 6.219 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 1 | | 1 | | 0.020 | 0.040 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 10.830 | | 1 | | 1 | | 3.070 | 6.173 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 17.420 | | 0 | | 1 | | 4.939 | 9.929 | |
| 18:2 undifferentiated....g | 16.440 | | 1 | | 1 | | 4.661 | 9.371 | |
| 18:3 undifferentiated....g | 0.970 | | 1 | | 1 | | 0.275 | 0.553 | |
| 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 | | 1 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.144 | | 0 | | 1 | | 0.041 | 0.082 | |
| Threonine....g | 0.330 | | 0 | | 1 | | 0.094 | 0.188 | |
| Isoleucine....g | 0.420 | | 0 | | 1 | | 0.119 | 0.239 | |
| Leucine....g | 0.767 | | 0 | | 1 | | 0.217 | 0.437 | |
| Lysine....g | 0.359 | | 0 | | 1 | | 0.102 | 0.205 | |
| Methionine....g | 0.192 | | 0 | | 1 | | 0.054 | 0.109 | |
| Cystine....g | 0.201 | | 0 | | 1 | | 0.057 | 0.115 | |
| Phenylalanine....g | 0.545 | | 0 | | 1 | | 0.155 | 0.311 | |
| Tyrosine....g | 0.353 | | 0 | | 1 | | 0.100 | 0.201 | |
| Valine....g | 0.468 | | 0 | | 1 | | 0.133 | 0.267 | |
| Arginine....g | 0.650 | | 0 | | 1 | | 0.184 | 0.371 | |
| Histidine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.148 | |
| Alanine....g | 0.389 | | 0 | | 1 | | 0.110 | 0.222 | |
| Aspartic acid....g | 0.716 | | 0 | | 1 | | 0.203 | 0.408 | |
| Glutamic acid....g | 3.089 | | 0 | | 1 | | 0.876 | 1.761 | |
| Glycine....g | 0.436 | | 0 | | 1 | | 0.124 | 0.249 | |
| Proline....g | 0.994 | | 0 | | 1 | | 0.282 | 0.567 | |
| Serine....g | 0.545 | | 0 | | 1 | | 0.155 | 0.311 | |
| 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. 19418**
**Snacks, sesame sticks, wheat-based, salted**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 19820**
**Snacks, sesame sticks, wheat-based, unsalted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | | 1 | | 1 | | 0.57 | 1.14 | |
| Energy | kcal | 541 | | 0 | NC | 4 | | 153 | 308 | |
| Energy | kJ | 2264 | | | | 4 | | 642 | 1290 | |
| Protein (N x 5.7) | g | 10.90 | | 1 | | 1 | | 3.09 | 6.21 | |
| Total lipid (fat) | g | 36.70 | | 1 | | 1 | | 10.40 | 20.92 | |
| Ash | g | 3.90 | | 1 | | 4 | | 1.11 | 2.22 | |
| Carbohydrate, by difference | g | 46.50 | | 0 | NC | 4 | | 13.18 | 26.51 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 170 | | 1 | | 1 | | 48 | 97 | |
| Iron, Fe | mg | 0.74 | | 1 | | 1 | | 0.21 | 0.42 | |
| Magnesium, Mg | mg | 45 | | 1 | | 4 | | 13 | 26 | |
| Phosphorus, P | mg | 138 | | 1 | | 4 | | 39 | 79 | |
| Potassium, K | mg | 177 | | 1 | | 4 | | 50 | 101 | |
| Sodium, Na | mg | 29 | | 0 | | 1 | | 8 | 17 | |
| Zinc, Zn | mg | 1.17 | | 1 | | 4 | | 0.33 | 0.67 | |
| Copper, Cu | mg | 0.406 | | 1 | | 4 | | 0.115 | 0.231 | |
| Manganese, Mn | mg | 0.904 | | 1 | | 4 | | 0.256 | 0.515 | |
| Selenium, Se | µg | 17.1 | | 0 | BFZN | 4 | | 4.8 | 9.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.123 | | 1 | | 1 | | 0.035 | 0.070 | |
| Riboflavin | mg | 0.063 | | 1 | | 1 | | 0.018 | 0.036 | |
| Niacin | mg | 1.552 | | 1 | | 1 | | 0.440 | 0.885 | |
| Pantothenic acid | mg | 0.234 | | 1 | | 4 | | 0.066 | 0.133 | |
| Vitamin B-6 | mg | 0.086 | | 1 | | 4 | | 0.024 | 0.049 | |
| Folate, total | µg | 22 | | 1 | | 4 | | 6 | 13 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 22 | | 1 | | 4 | | 6 | 13 | |
| Folate, DFE | mcg_DFE | 22 | | 0 | NC | 4 | | 6 | 13 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 4 | | 0 | NC | 4 | | 1 | 3 | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 88 | | 1 | | 1 | | 25 | 50 | |
| 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 | 6.480 | | 0 | | 1 | | 1.837 | 3.694 | |
| 4:0 | g | | | | | | | | | |

**NDB No. 19820**
**Snacks, sesame sticks, wheat-based, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 12:0....g | 0.010 | | 1 | | 1 | | 0.003 | 0.006 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.110 | | 1 | | 1 | | 0.031 | 0.063 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.000 | | 1 | | 1 | | 1.418 | 2.850 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.350 | | 1 | | 1 | | 0.383 | 0.770 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.910 | | 0 | | 1 | | 3.093 | 6.219 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 1 | | 1 | | 0.020 | 0.040 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 10.830 | | 1 | | 1 | | 3.070 | 6.173 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 17.420 | | 0 | | 1 | | 4.939 | 9.929 | |
| 18:2 undifferentiated....g | 16.440 | | 1 | | 1 | | 4.661 | 9.371 | |
| 18:3 undifferentiated....g | 0.970 | | 1 | | 1 | | 0.275 | 0.553 | |
| 18:4....g | | | | | | | | | |
| 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 | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.144 | | 0 | | 1 | | 0.041 | 0.082 | |
| Threonine....g | 0.330 | | 0 | | 1 | | 0.094 | 0.188 | |
| Isoleucine....g | 0.420 | | 0 | | 1 | | 0.119 | 0.239 | |
| Leucine....g | 0.767 | | 0 | | 1 | | 0.217 | 0.437 | |
| Lysine....g | 0.359 | | 0 | | 1 | | 0.102 | 0.205 | |
| Methionine....g | 0.192 | | 0 | | 1 | | 0.054 | 0.109 | |
| Cystine....g | 0.201 | | 0 | | 1 | | 0.057 | 0.115 | |
| Phenylalanine....g | 0.545 | | 0 | | 1 | | 0.155 | 0.311 | |
| Tyrosine....g | 0.353 | | 0 | | 1 | | 0.100 | 0.201 | |
| Valine....g | 0.468 | | 0 | | 1 | | 0.133 | 0.267 | |
| Arginine....g | 0.650 | | 0 | | 1 | | 0.184 | 0.371 | |
| Histidine....g | 0.259 | | 0 | | 1 | | 0.073 | 0.148 | |
| Alanine....g | 0.389 | | 0 | | 1 | | 0.110 | 0.222 | |
| Aspartic acid....g | 0.716 | | 0 | | 1 | | 0.203 | 0.408 | |
| Glutamic acid....g | 3.089 | | 0 | | 1 | | 0.876 | 1.761 | |
| Glycine....g | 0.436 | | 0 | | 1 | | 0.124 | 0.249 | |
| Proline....g | 0.994 | | 0 | | 1 | | 0.282 | 0.567 | |
| Serine....g | 0.545 | | 0 | | 1 | | 0.155 | 0.311 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19820**

**Snacks, sesame sticks, wheat-based, unsalted**

Measure 2 = 57g: 2 oz

**Calories Factors: Protein** 3.7 **Fat** 8.7 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 25025**
**Snacks, soy chips or crisps, salted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.50 | | 1 | FLC | 4 | | 2.41 | | |
| Energy | kcal | 385 | | 0 | NC | 4 | | 109 | | |
| Energy | kJ | 1610 | | 0 | NC | 4 | | 456 | | |
| Protein | g | 26.50 | | 2 | FLC | 4 | | 7.51 | | |
| Total lipid (fat) | g | 7.35 | | 2 | FLC | 4 | | 2.08 | | |
| Ash | g | 4.50 | | 1 | FLC | 4 | | 1.28 | | |
| Carbohydrate, by difference | g | 53.15 | | 0 | NC | 4 | | 15.07 | | |
| Fiber, total dietary | g | 3.5 | | 2 | FLC | 4 | | 1.0 | | |
| Sugars, total | g | 1.80 | | 2 | FLC | 4 | | 0.51 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 171 | | 2 | FLC | 4 | | 48 | | |
| Iron, Fe | mg | 5.20 | | 2 | FLC | 4 | | 1.47 | | |
| Magnesium, Mg | mg | 170 | | 0 | FLC | 4 | | 48 | | |
| Phosphorus, P | mg | 7 | | 1 | FLC | 4 | | 2 | | |
| Potassium, K | mg | 7 | | 1 | FLC | 4 | | 2 | | |
| Sodium, Na | mg | 842 | | 2 | FLC | 4 | | 239 | | |
| Zinc, Zn | mg | 1.50 | | 0 | FLC | 4 | | 0.42 | | |
| Copper, Cu | mg | 2.456 | | 0 | FLC | 4 | | 0.696 | | |
| Manganese, Mn | mg | 2.039 | | 0 | FLC | 4 | | 0.578 | | |
| Selenium, Se | µg | 12.1 | | 0 | FLC | 4 | | 3.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | FLC | 4 | | 0.0 | | |
| Thiamin | mg | 0.333 | | 0 | FLC | 4 | | 0.094 | | |
| Riboflavin | mg | 0.349 | | 0 | FLC | 4 | | 0.099 | | |
| Niacin | mg | 2.978 | | 0 | FLC | 4 | | 0.844 | | |
| Pantothenic acid | mg | 1.395 | | 0 | FLC | 4 | | 0.395 | | |
| Vitamin B-6 | mg | 0.513 | | 0 | FLC | 4 | | 0.145 | | |
| Folate, total | µg | 240 | | 0 | FLC | 4 | | 68 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 240 | | 0 | FLC | 4 | | 68 | | |
| Folate, DFE | mcg_DFE | 240 | | 0 | NC | 4 | | 68 | | |
| Choline, total | mg | 110.9 | | 0 | FLC | 4 | | 31.4 | | |
| 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 | 0 | | 0 | NR | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.01 | | 0 | FLC | 4 | | 0.29 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma | mg | 0.07 | | 0 | FLC | 4 | | 0.02 | | |
| Tocopherol, delta | mg | 0.03 | | 0 | FLC | 4 | | 0.01 | | |
| 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 | 11.9 | | 0 | FLC | 4 | | 3.4 | | |
| Dihydrophylloquinone | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25025**
**Snacks, soy chips or crisps, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.102 | | 0 | NC | 4 | | 0.312 | | |
| 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 | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.020 | | 0 | FLC | 4 | | 0.006 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.809 | | 0 | FLC | 4 | | 0.229 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.269 | | 0 | FLC | 4 | | 0.076 | | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 1.661 | | 0 | NC | 4 | | 0.471 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.033 | | 0 | FLC | 4 | | 0.009 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 1.628 | | 0 | FLC | 4 | | 0.461 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 4.018 | | 0 | NC | 4 | | 1.139 | | |
| 18:2 undifferentiated....g | 3.621 | | 0 | FLC | 4 | | 1.026 | | |
| 18:3 undifferentiated....g | 0.398 | | 0 | FLC | 4 | | 0.113 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 1 | FLC | 4 | | 0.000 | | |
| Cholesterol....mg | 0 | | 2 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 2 | | 0 | FLC | 4 | | 1 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.376 | | 0 | FLC | 4 | | 0.107 | | |
| Threonine....g | 1.125 | | 0 | FLC | 4 | | 0.319 | | |
| Isoleucine....g | 1.262 | | 0 | FLC | 4 | | 0.358 | | |
| Leucine....g | 2.140 | | 0 | FLC | 4 | | 0.607 | | |
| Lysine....g | 1.681 | | 0 | FLC | 4 | | 0.477 | | |
| Methionine....g | 0.384 | | 0 | FLC | 4 | | 0.109 | | |
| Cystine....g | 0.427 | | 0 | FLC | 4 | | 0.121 | | |
| Phenylalanine....g | 1.371 | | 0 | FLC | 4 | | 0.389 | | |
| Tyrosine....g | 1.028 | | 0 | FLC | 4 | | 0.291 | | |
| Valine....g | 1.337 | | 0 | FLC | 4 | | 0.379 | | |
| Arginine....g | 2.069 | | 0 | FLC | 4 | | 0.587 | | |
| Histidine....g | 0.704 | | 0 | FLC | 4 | | 0.199 | | |
| Alanine....g | 1.263 | | 0 | FLC | 4 | | 0.358 | | |
| Aspartic acid....g | 3.213 | | 0 | FLC | 4 | | 0.911 | | |
| Glutamic acid....g | 5.057 | | 0 | FLC | 4 | | 1.434 | | |
| Glycine....g | 1.214 | | 0 | FLC | 4 | | 0.344 | | |
| Proline....g | 1.500 | | 0 | FLC | 4 | | 0.425 | | |
| Serine....g | 1.503 | | 0 | FLC | 4 | | 0.426 | | |
| Hydroxyproline....g | | | | | | | | | |
| **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.

**NDB No. 25025**
**Snacks, soy chips or crisps, salted**

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

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

**Common Measures:**
Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25012**
**Snacks, sweet potato chips, unsalted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.51 | | 0 | FLC | 4 | | 1.28 | 1.26 | 1.53 |
| Energy | kcal | 532 | | 0 | NC | 4 | | 151 | 149 | 181 |
| Energy | kJ | 2225 | | 0 | NC | 4 | | 631 | 623 | 757 |
| Protein (N x 6.25) | g | 2.94 | | 1 | LC | 8 | | 0.83 | 0.82 | 1.00 |
| Total lipid (fat) | g | 32.35 | | 1 | LC | 8 | | 9.17 | 9.06 | 11.00 |
| Ash | g | 3.38 | | 0 | O | 4 | | 0.96 | 0.95 | 1.15 |
| Carbohydrate, by difference | g | 56.82 | | 0 | NC | 4 | | 16.11 | 15.91 | 19.32 |
| Fiber, total dietary | g | 8.8 | | 1 | LC | 8 | | 2.5 | 2.5 | 3.0 |
| Sugars, total | g | 8.82 | | 1 | LC | 8 | | 2.50 | 2.47 | 3.00 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 59 | | 1 | LC | 8 | | 17 | 16 | 20 |
| Iron, Fe | mg | 2.12 | | 1 | LC | 8 | | 0.60 | 0.59 | 0.72 |
| Magnesium, Mg | mg | 65 | | 0 | FLC | 4 | | 18 | 18 | 22 |
| Phosphorus, P | mg | 145 | | 0 | FLC | 4 | | 41 | 41 | 49 |
| Potassium, K | mg | 925 | | 0 | FLC | 4 | | 262 | 259 | 315 |
| Sodium, Na | mg | 35 | | 0 | T | 4 | | 10 | 10 | 12 |
| Zinc, Zn | mg | 0.53 | | 0 | FLC | 4 | | 0.15 | 0.15 | 0.18 |
| Copper, Cu | mg | 0.412 | | 0 | FLC | 4 | | 0.117 | 0.115 | 0.140 |
| Manganese, Mn | mg | 1.349 | | 0 | FLC | 4 | | 0.383 | 0.378 | 0.459 |
| Selenium, Se | µg | 2.1 | | 0 | FLC | 4 | | 0.6 | 0.6 | 0.7 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.088 | | 0 | FLC | 4 | | 0.025 | 0.025 | 0.030 |
| Riboflavin | mg | 0.161 | | 0 | FLC | 4 | | 0.046 | 0.045 | 0.055 |
| Niacin | mg | 2.088 | | 0 | FLC | 4 | | 0.592 | 0.585 | 0.710 |
| Pantothenic acid | mg | 1.551 | | 0 | FLC | 4 | | 0.440 | 0.434 | 0.527 |
| Vitamin B-6 | mg | 0.535 | | 0 | FLC | 4 | | 0.152 | 0.150 | 0.182 |
| Folate, total | µg | 37 | | 0 | FLC | 4 | | 10 | 10 | 13 |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | µg | 37 | | 0 | FLC | 4 | | 10 | 10 | 13 |
| Folate, DFE | mcg_DFE | 37 | | 0 | NC | 4 | | 10 | 10 | 13 |
| Choline, total | mg | 36.6 | | 0 | FLC | 4 | | 10.4 | 10.2 | 12.4 |
| 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 | 1184 | | 0 | NC | 4 | | 336 | 331 | 402 |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, beta | µg | 14205 | | 0 | FLC | 4 | | 4027 | 3977 | 4830 |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin A, IU | IU | 23675 | | 0 | NC | 4 | | 6712 | 6629 | 8050 |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 9.82 | | 0 | FLC | 4 | | 2.79 | 2.75 | 3.34 |
| 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 | 24.5 | | 0 | FLC | 4 | | 7.0 | 6.9 | 8.3 |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25012**
**Snacks, sweet potato chips, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 2.941 | | 1 | LC | 8 | | 0.834 | 0.824 | 1.000 |
| 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 | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.394 | | 0 | FLC | 4 | | 0.395 | 0.390 | 0.474 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.804 | | 0 | FLC | 4 | | 0.228 | 0.225 | 0.273 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.155 | | 0 | FLC | 4 | | 2.596 | 2.564 | 3.113 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.024 | | 0 | FLC | 4 | | 0.007 | 0.007 | 0.008 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.842 | | 0 | FLC | 4 | | 2.507 | 2.476 | 3.006 |
| 20:1....g | 0.187 | | 0 | FLC | 4 | | 0.053 | 0.052 | 0.063 |
| 22:1 undifferentiated....g | 0.066 | | 0 | FLC | 4 | | 0.019 | 0.018 | 0.022 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 12.224 | | 0 | FLC | 4 | | 3.466 | 3.423 | 4.156 |
| 18:2 undifferentiated....g | 11.079 | | 0 | FLC | 4 | | 3.141 | 3.102 | 3.767 |
| 18:3 undifferentiated....g | 1.144 | | 0 | FLC | 4 | | 0.324 | 0.320 | 0.389 |
| 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 | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols....mg | 12 | | 0 | FLC | 4 | | 3 | 3 | 4 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.098 | | 0 | FLC | 4 | | 0.028 | 0.027 | 0.033 |
| Threonine....g | 0.260 | | 0 | FLC | 4 | | 0.074 | 0.073 | 0.088 |
| Isoleucine....g | 0.170 | | 0 | FLC | 4 | | 0.048 | 0.048 | 0.058 |
| Leucine....g | 0.287 | | 0 | FLC | 4 | | 0.081 | 0.080 | 0.097 |
| Lysine....g | 0.205 | | 0 | FLC | 4 | | 0.058 | 0.058 | 0.070 |
| Methionine....g | 0.090 | | 0 | FLC | 4 | | 0.025 | 0.025 | 0.030 |
| Cystine....g | 0.067 | | 0 | FLC | 4 | | 0.019 | 0.019 | 0.023 |
| Phenylalanine....g | 0.278 | | 0 | FLC | 4 | | 0.079 | 0.078 | 0.095 |
| Tyrosine....g | 0.107 | | 0 | FLC | 4 | | 0.030 | 0.030 | 0.036 |
| Valine....g | 0.267 | | 0 | FLC | 4 | | 0.076 | 0.075 | 0.091 |
| Arginine....g | 0.172 | | 0 | FLC | 4 | | 0.049 | 0.048 | 0.058 |
| Histidine....g | 0.096 | | 0 | FLC | 4 | | 0.027 | 0.027 | 0.033 |
| Alanine....g | 0.240 | | 0 | FLC | 4 | | 0.068 | 0.067 | 0.082 |
| Aspartic acid....g | 1.190 | | 0 | FLC | 4 | | 0.338 | 0.333 | 0.405 |
| Glutamic acid....g | 0.482 | | 0 | FLC | 4 | | 0.137 | 0.135 | 0.164 |
| Glycine....g | 0.197 | | 0 | FLC | 4 | | 0.056 | 0.055 | 0.067 |
| Proline....g | 0.163 | | 0 | FLC | 4 | | 0.046 | 0.046 | 0.056 |
| Serine....g | 0.276 | | 0 | FLC | 4 | | 0.078 | 0.077 | 0.094 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |

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

**NDB No. 25012**
**Snacks, sweet potato chips, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 28g: 1 Bag

Measure 3 = 34g: 1 package

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

**Food Group:** 25 Snacks

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

**NDB No. 19524**
**Snacks, taro chips**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | 0.694 | 3 | | 1 | | 0.57 | 0.46 | |
| Energy | kcal | 498 | | 0 | NC | 4 | | 141 | 115 | |
| Energy | kJ | 2084 | | 0 | | 4 | | 591 | 479 | |
| Protein (N x 6.25) | g | 2.30 | 0.273 | 3 | | 1 | | 0.65 | 0.53 | |
| Total lipid (fat) | g | 24.90 | | 2 | | 1 | | 7.06 | 5.73 | |
| Ash | g | 2.70 | 0.061 | 3 | | 1 | | 0.77 | 0.62 | |
| Carbohydrate, by difference | g | 68.10 | | 0 | NC | 4 | | 19.31 | 15.66 | |
| Fiber, total dietary | g | 7.2 | | 0 | | 4 | | 2.0 | 1.7 | |
| Sugars, total | g | 3.82 | | 0 | FLA | 4 | | 1.08 | 0.88 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 60 | | 2 | | 1 | | 17 | 14 | |
| Iron, Fe | mg | 1.20 | | 2 | | 1 | | 0.34 | 0.28 | |
| Magnesium, Mg | mg | 84 | | 1 | | 1 | | 24 | 19 | |
| Phosphorus, P | mg | 131 | | 1 | | 1 | | 37 | 30 | |
| Potassium, K | mg | 755 | | 2 | | 1 | | 214 | 174 | |
| Sodium, Na | mg | 342 | | 2 | | 1 | | 97 | 79 | |
| Zinc, Zn | mg | 0.38 | | 1 | | 4 | | 0.11 | 0.09 | |
| Copper, Cu | mg | 0.280 | | 1 | | 4 | | 0.079 | 0.064 | |
| Manganese, Mn | mg | 0.001 | | 1 | | 4 | | 0.000 | 0.000 | |
| Selenium, Se | µg | 1.8 | | 0 | FLM | 4 | | 0.5 | 0.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.0 | | 1 | | 1 | | 1.4 | 1.2 | |
| Thiamin | mg | 0.174 | 0.063 | 3 | | 1 | | 0.049 | 0.040 | |
| Riboflavin | mg | 0.029 | | 1 | | 1 | | 0.008 | 0.007 | |
| Niacin | mg | 0.515 | | 2 | | 1 | | 0.146 | 0.118 | |
| Pantothenic acid | mg | 0.668 | | 1 | | 4 | | 0.189 | 0.154 | |
| Vitamin B-6 | mg | 0.438 | | 1 | | 4 | | 0.124 | 0.101 | |
| Folate, total | µg | 20 | | 1 | | 4 | | 6 | 5 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 20 | | 1 | | 4 | | 6 | 5 | |
| Folate, DFE | mcg_DFE | 20 | | 0 | NC | 4 | | 6 | 5 | |
| Choline, total | mg | 44.3 | | 0 | FLA | 4 | | 12.6 | 10.2 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 7 | | 0 | NC | 4 | | 2 | 2 | |
| Retinol | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta | µg | 66 | | 0 | FLA | 4 | | 19 | 15 | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 37 | | 0 | FLA | 4 | | 11 | 9 | |
| Vitamin A, IU | IU | 142 | | 0 | NC | 4 | | 40 | 33 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 11.34 | | 0 | FLA | 4 | | 3.21 | 2.61 | |
| 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 | | | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 18.0 | | 0 | FLA | 4 | | 5.1 | 4.1 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19524**
**Snacks, taro chips**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 6.430 | | 0 | | 1 | | 1.823 | 1.479 | |
| 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 | | 1 | | 1 | | 0.057 | 0.046 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.650 | | 1 | | 1 | | 1.602 | 1.300 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.570 | | 1 | | 1 | | 0.162 | 0.131 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.430 | | 0 | | 1 | | 1.256 | 1.019 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.200 | | 1 | | 1 | | 0.057 | 0.046 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.230 | | 1 | | 1 | | 1.199 | 0.973 | |
| 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 | 12.880 | | 0 | | 1 | | 3.651 | 2.962 | |
| 18:2 undifferentiated....g | 12.820 | | 1 | | 1 | | 3.634 | 2.949 | |
| 18:3 undifferentiated....g | 0.060 | | 1 | | 1 | | 0.017 | 0.014 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.036 | | 0 | | 1 | | 0.010 | 0.008 | |
| Threonine....g | 0.106 | | 0 | | 1 | | 0.030 | 0.024 | |
| Isoleucine....g | 0.084 | | 0 | | 1 | | 0.024 | 0.019 | |
| Leucine....g | 0.172 | | 0 | | 1 | | 0.049 | 0.040 | |
| Lysine....g | 0.104 | | 0 | | 1 | | 0.029 | 0.024 | |
| Methionine....g | 0.032 | | 0 | | 1 | | 0.009 | 0.007 | |
| Cystine....g | 0.049 | | 0 | | 1 | | 0.014 | 0.011 | |
| Phenylalanine....g | 0.126 | | 0 | | 1 | | 0.036 | 0.029 | |
| Tyrosine....g | 0.085 | | 0 | | 1 | | 0.024 | 0.020 | |
| Valine....g | 0.127 | | 0 | | 1 | | 0.036 | 0.029 | |
| Arginine....g | 0.160 | | 0 | | 1 | | 0.045 | 0.037 | |
| Histidine....g | 0.052 | | 0 | | 1 | | 0.015 | 0.012 | |
| Alanine....g | 0.113 | | 0 | | 1 | | 0.032 | 0.026 | |
| Aspartic acid....g | 0.296 | | 0 | | 1 | | 0.084 | 0.068 | |
| Glutamic acid....g | 0.268 | | 0 | | 1 | | 0.076 | 0.062 | |
| Glycine....g | 0.114 | | 0 | | 1 | | 0.032 | 0.026 | |
| Proline....g | 0.092 | | 0 | | 1 | | 0.026 | 0.021 | |
| Serine....g | 0.142 | | 0 | | 1 | | 0.040 | 0.033 | |
| 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. 19524**
**Snacks, taro chips**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 23g: 10 chips

**Calories Factors: Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 43566**
**Snacks, tortilla chips, light (baked with less 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 | 1.30 | | 0 | | 9 | | 0.82 | 0.21 | |
| Energy....kcal | 465 | | 0 | NC | 4 | | 293 | 74 | |
| Energy....kJ | 1946 | | 0 | NC | 4 | | 1226 | 311 | |
| Protein....g | 8.70 | | 0 | | 9 | | 5.48 | 1.39 | |
| Total lipid (fat)....g | 15.20 | | 0 | | 9 | | 9.58 | 2.43 | |
| Ash....g | 1.85 | | 0 | NR | 4 | | 1.17 | 0.30 | |
| Carbohydrate, by difference....g | 73.40 | | 0 | NC | 4 | | 46.24 | 11.74 | |
| Fiber, total dietary....g | 5.7 | | 0 | | 9 | | 3.6 | 0.9 | |
| Sugars, total....g | 0.53 | | 0 | FLA | 4 | | 0.33 | 0.08 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 159 | | 0 | | 9 | | 100 | 25 | |
| Iron, Fe....mg | 1.63 | | 0 | | 9 | | 1.03 | 0.26 | |
| Magnesium, Mg....mg | 97 | | 0 | | 9 | | 61 | 16 | |
| Phosphorus, P....mg | 318 | | 0 | | 9 | | 200 | 51 | |
| Potassium, K....mg | 272 | | 0 | | 9 | | 171 | 44 | |
| Sodium, Na....mg | 856 | | 0 | LC | 8 | | 539 | 137 | |
| Zinc, Zn....mg | 1.15 | | 0 | | 4 | | 0.72 | 0.18 | |
| Copper, Cu....mg | 0.116 | | 0 | | 9 | | 0.073 | 0.019 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 15.7 | | 0 | BFZN | 4 | | 9.9 | 2.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 0 | | 9 | | 0.1 | 0.0 | |
| Thiamin....mg | 0.220 | | 0 | | 9 | | 0.139 | 0.035 | |
| Riboflavin....mg | 0.280 | | 0 | | 9 | | 0.176 | 0.045 | |
| Niacin....mg | 0.420 | | 0 | | 9 | | 0.265 | 0.067 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.180 | | 0 | | 4 | | 0.113 | 0.029 | |
| Folate, total....µg | 16 | | 0 | | 4 | | 10 | 3 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 16 | | 0 | | 4 | | 10 | 3 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 10 | 3 | |
| Choline, total....mg | 23.4 | | 0 | FLA | 4 | | 14.8 | 3.7 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.06 | | 0 | | 4 | | 0.04 | 0.01 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 4 | | 0 | NC | 4 | | 3 | 1 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 37 | | 0 | FLA | 4 | | 23 | 6 | |
| Carotene, alpha....µg | 24 | | 0 | FLA | 4 | | 15 | 4 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 81 | | 0 | NC | 4 | | 51 | 13 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 507 | | 0 | FLA | 4 | | 320 | 81 | |
| Vitamin E (alpha-tocopherol)....mg | 3.53 | | 0 | FLA | 4 | | 2.23 | 0.57 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....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 | 0.7 | | 0 | FLA | 4 | | 0.4 | 0.1 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 43566**
**Snacks, tortilla chips, light (baked with less 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 | 2.837 | | 0 | | 4 | | 1.787 | 0.454 | |
| 4:0....g | 0.034 | | 0 | | 4 | | 0.021 | 0.005 | |
| 6:0....g | 0.014 | | 0 | | 4 | | 0.009 | 0.002 | |
| 8:0....g | 0.007 | | 0 | | 4 | | 0.004 | 0.001 | |
| 10:0....g | 0.018 | | 0 | | 4 | | 0.011 | 0.003 | |
| 12:0....g | 0.023 | | 0 | | 4 | | 0.014 | 0.004 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.094 | | 0 | | 4 | | 0.059 | 0.015 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.648 | | 0 | | 4 | | 1.038 | 0.264 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.373 | | 0 | | 4 | | 0.235 | 0.060 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.341 | | 0 | | 4 | | 3.995 | 1.015 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.028 | | 0 | | 4 | | 0.018 | 0.004 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.149 | | 0 | | 4 | | 3.874 | 0.984 | |
| 20:1....g | 0.152 | | 0 | | 4 | | 0.096 | 0.024 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 5.024 | | 0 | | 4 | | 3.165 | 0.804 | |
| 18:2 undifferentiated....g | 4.977 | | 0 | | 4 | | 3.136 | 0.796 | |
| 18:3 undifferentiated....g | 0.047 | | 0 | | 4 | | 0.030 | 0.008 | |
| 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 | 3 | | 0 | | 9 | | 2 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 63g: 1 cup, crushed

Measure 2 = 16g: 10 chips

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

**Food Group:** 25 Snacks

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

**NDB No. 19444**

**Snacks, tortilla chips, low fat, made with olestra, nacho cheese**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.66 | | 1 | A | 1 | | 0.47 | | |
| Energy....kcal | 318 | | 0 | NC | 4 | | 90 | | |
| Energy....kJ | 1330 | | 0 | NC | 4 | | 377 | | |
| Protein....g | 8.44 | | 1 | A | 1 | | 2.39 | | |
| Total lipid (fat)....g | 3.53 | | 1 | A | 1 | | 1.00 | | |
| Ash....g | 3.06 | | 1 | A | 1 | | 0.87 | | |
| Carbohydrate, by difference....g | 65.22 | | 0 | NR | 4 | | 18.49 | | |
| Fiber, total dietary....g | 6.4 | | 1 | A | 1 | | 1.8 | | |
| Sugars, total....g | 2.82 | | 1 | A | 1 | | 0.80 | | |
| Sucrose....g | 0.89 | | 1 | A | 1 | | 0.25 | | |
| Glucose (dextrose)....g | 0.28 | | 1 | A | 1 | | 0.08 | | |
| Fructose....g | 0.21 | | 1 | A | 1 | | 0.06 | | |
| Lactose....g | 1.44 | | 1 | A | 1 | | 0.41 | | |
| Maltose....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Galactose....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Starch....g | 56.00 | | 1 | A | 1 | | 15.88 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 128 | | 1 | A | 1 | | 36 | | |
| Iron, Fe....mg | 4.80 | | 1 | A | 1 | | 1.36 | | |
| Magnesium, Mg....mg | 99 | | 0 | PAE | 4 | | 28 | | |
| Phosphorus, P....mg | 245 | | 0 | PAE | 4 | | 69 | | |
| Potassium, K....mg | 396 | | 0 | PAE | 4 | | 112 | | |
| Sodium, Na....mg | 602 | | 1 | A | 1 | | 171 | | |
| Zinc, Zn....mg | 3.40 | | 1 | A | 1 | | 0.96 | | |
| Copper, Cu....mg | 0.140 | | 1 | A | 1 | | 0.040 | | |
| Manganese, Mn....mg | 0.570 | | 1 | A | 1 | | 0.162 | | |
| Selenium, Se....µg | 9.4 | | 1 | A | 1 | | 2.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.5 | | 1 | A | 1 | | 1.6 | | |
| Thiamin....mg | 0.206 | | 1 | A | 1 | | 0.058 | | |
| Riboflavin....mg | 0.130 | | 1 | A | 1 | | 0.037 | | |
| Niacin....mg | 1.300 | | 1 | A | 1 | | 0.369 | | |
| Pantothenic acid....mg | 0.208 | | 1 | A | 1 | | 0.059 | | |
| Vitamin B-6....mg | 0.241 | | 1 | A | 1 | | 0.068 | | |
| Folate, total....µg | 53 | | 1 | A | 1 | | 15 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 16 | | 0 | NR | 4 | | 5 | | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 5 | | |
| Choline, total....mg | 20.4 | | 0 | AS | 1 | | 5.8 | | |
| Betaine....mg | 0.3 | | 1 | A | 1 | | 0.1 | | |
| Vitamin B-12....µg | 0.27 | | 0 | PAE | 4 | | 0.08 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 9 | | 0 | NC | 4 | | 3 | | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta....µg | 107 | | 1 | A | 1 | | 30 | | |
| Carotene, alpha....µg | 0 | | 1 | A | 1 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Vitamin A, IU....IU | 179 | | 0 | NC | 4 | | 51 | | |
| Lycopene....µg | 45 | | 1 | A | 1 | | 13 | | |
| Lutein + zeaxanthin....µg | 507 | | 0 | BFSN | 4 | | 144 | | |
| Vitamin E (alpha-tocopherol)....mg | 3.53 | | 0 | FLA | 4 | | 1.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | 0.00 | | 0 | O | 4 | | 0.00 | | |
| Tocopherol, gamma....mg | 0.00 | | 0 | O | 4 | | 0.00 | | |
| Tocopherol, delta....mg | 0.00 | | 0 | O | 4 | | 0.00 | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 19444**

**Snacks, tortilla chips, low fat, made with olestra, nacho cheese**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | |
| Vitamin K (phylloquinone)....µg | 191.9 | | 1 | A | 1 | | 54.4 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.054 | | 0 | MA | 12 | | 0.299 | | |
| 4:0....g | 0.004 | | 0 | MA | 12 | | 0.001 | | |
| 6:0....g | 0.008 | | 1 | A | 1 | | 0.002 | | |
| 8:0....g | 0.011 | | 1 | A | 1 | | 0.003 | | |
| 10:0....g | 0.026 | | 1 | A | 1 | | 0.007 | | |
| 12:0....g | 0.040 | | 1 | A | 1 | | 0.011 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.120 | | 1 | A | 1 | | 0.034 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.659 | | 1 | A | 1 | | 0.187 | | |
| 17:0....g | 0.009 | | 1 | A | 1 | | 0.003 | | |
| 18:0....g | 0.222 | | 0 | MA | 12 | | 0.063 | | |
| 20:0....g | 0.012 | | 1 | A | 1 | | 0.003 | | |
| 22:0....g | 0.158 | | 1 | A | 1 | | 0.045 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.379 | | 0 | MA | 12 | | 0.391 | | |
| 14:1....g | 0.008 | | 1 | A | 1 | | 0.002 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.017 | | 1 | A | 1 | | 0.005 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.165 | | 1 | A | 1 | | 0.330 | | |
| 20:1....g | 0.008 | | 1 | A | 1 | | 0.002 | | |
| 22:1 undifferentiated....g | 0.003 | | 0 | MA | 12 | | 0.001 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.211 | | 0 | NC | 4 | | 0.343 | | |
| 18:2 undifferentiated....g | 1.176 | | 1 | A | 1 | | 0.333 | | |
| 18:3 undifferentiated....g | 0.035 | | 1 | A | 1 | | 0.010 | | |
| 18:4....g | 0.000 | | 0 | MA | 12 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | MA | 12 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | MA | 12 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | MA | 12 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | MA | 12 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 2 | | 0 | PAE | 4 | | 1 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | NR | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19833**
**Snacks, tortilla chips, low fat, unsalted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.70 | | 0 | BFZN | 4 | | 0.48 | | |
| Energy | kcal | 416 | | 0 | NC | 4 | | 118 | | |
| Energy | kJ | 1739 | | 0 | NC | 4 | | 493 | | |
| Protein | g | 11.00 | | 0 | BFZN | 4 | | 3.12 | | |
| Total lipid (fat) | g | 5.70 | | 0 | BFZN | 4 | | 1.62 | | |
| Ash | g | 1.00 | | 0 | NC | 4 | | 0.28 | | |
| Carbohydrate, by difference | g | 80.10 | | 0 | BFZN | 4 | | 22.71 | | |
| Fiber, total dietary | g | 5.3 | | 0 | LC | 8 | | 1.5 | | |
| Sugars, total | g | 0.85 | | 0 | O | 4 | | 0.24 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 159 | | 0 | BFZN | 4 | | 45 | | |
| Iron, Fe | mg | 1.60 | | 0 | BFZN | 4 | | 0.45 | | |
| Magnesium, Mg | mg | 97 | | 0 | BFZN | 4 | | 27 | | |
| Phosphorus, P | mg | 318 | | 0 | BFZN | 4 | | 90 | | |
| Potassium, K | mg | 272 | | 0 | BFZN | 4 | | 77 | | |
| Sodium, Na | mg | 15 | | 0 | BFZY | 4 | | 4 | | |
| Zinc, Zn | mg | 1.15 | | 0 | BFZN | 4 | | 0.33 | | |
| Copper, Cu | mg | 0.110 | | 0 | BFZN | 4 | | 0.031 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 15.7 | | 0 | BFZN | 4 | | 4.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | BFZN | 4 | | 0.1 | | |
| Thiamin | mg | 0.220 | | 0 | BFZN | 4 | | 0.062 | | |
| Riboflavin | mg | 0.280 | | 0 | BFZN | 4 | | 0.079 | | |
| Niacin | mg | 0.420 | | 0 | BFZN | 4 | | 0.119 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.180 | | 0 | BFZN | 4 | | 0.051 | | |
| Folate, total | µg | 16 | | 0 | BFZN | 4 | | 5 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 16 | | 0 | BFZN | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 5 | | |
| Choline, total | mg | 23.4 | | 0 | FLA | 4 | | 6.6 | | |
| 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 | 4 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 37 | | 0 | O | 4 | | 10 | | |
| Carotene, alpha | µg | 24 | | 0 | O | 4 | | 7 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU | IU | 82 | | 0 | NC | 4 | | 23 | | |
| Lycopene | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin | µg | 507 | | 0 | O | 4 | | 144 | | |
| Vitamin E (alpha-tocopherol) | mg | 3.53 | | 0 | O | 4 | | 1.00 | | |
| 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 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 20.9 | | 0 | O | 4 | | 5.9 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19833**
**Snacks, tortilla chips, low fat, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.850 | | 0 | BFFN | 4 | | 0.241 | | |
| 4:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.684 | | 0 | BFFN | 4 | | 0.194 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.090 | | 0 | BFFN | 4 | | 0.026 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.660 | | 0 | BFFN | 4 | | 0.471 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.005 | | 0 | BFFN | 4 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.500 | | 0 | BFFN | 4 | | 0.425 | | |
| 20:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.870 | | 0 | BFFN | 4 | | 0.814 | | |
| 18:2 undifferentiated....g | 2.524 | | 0 | BFFN | 4 | | 0.716 | | |
| 18:3 undifferentiated....g | 0.078 | | 0 | BFFN | 4 | | 0.022 | | |
| 18:4....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19057**

**Snacks, tortilla chips, nacho cheese**

*Albertson's 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 | 1.50 | 0.139 | 13 | A | 1 | | 0.43 | | |
| Energy | kcal | 514 | | 0 | NC | 4 | | 146 | | |
| Energy | kJ | 2151 | | 0 | NC | 4 | | 610 | | |
| Protein (N x 6.25) | g | 8.15 | 0.041 | 13 | A | 1 | | 2.31 | | |
| Total lipid (fat) | g | 26.07 | 0.285 | 13 | A | 1 | | 7.39 | | |
| Ash | g | 2.54 | 0.050 | 13 | A | 1 | | 0.72 | | |
| Carbohydrate, by difference | g | 61.74 | | 0 | NC | 4 | | 17.50 | | |
| Fiber, total dietary | g | 4.6 | | 1 | A | 1 | | 1.3 | | |
| Sugars, total | g | 3.79 | | 0 | NR | 4 | | 1.07 | | |
| Sucrose | g | 1.01 | | 1 | A | 1 | | 0.29 | | |
| Glucose (dextrose) | g | 0.30 | | 1 | A | 1 | | 0.09 | | |
| Fructose | g | 0.27 | | 1 | A | 1 | | 0.08 | | |
| Lactose | g | 2.15 | | 1 | A | 1 | | 0.61 | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | 0.07 | | 1 | A | 1 | | 0.02 | | |
| Starch | g | 53.20 | | 1 | A | 1 | | 15.08 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 148 | | 1 | A | 1 | | 42 | | |
| Iron, Fe | mg | 1.09 | | 1 | A | 1 | | 0.31 | | |
| Magnesium, Mg | mg | 76 | | 1 | A | 1 | | 21 | | |
| Phosphorus, P | mg | 256 | | 1 | A | 1 | | 73 | | |
| Potassium, K | mg | 238 | | 1 | A | 1 | | 67 | | |
| Sodium, Na | mg | 615 | | 1 | A | 1 | | 174 | | |
| Zinc, Zn | mg | 1.48 | | 1 | A | 1 | | 0.42 | | |
| Copper, Cu | mg | 0.103 | | 1 | A | 1 | | 0.029 | | |
| Manganese, Mn | mg | 0.348 | | 1 | A | 1 | | 0.099 | | |
| Selenium, Se | µg | 7.7 | | 1 | A | 1 | | 2.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Thiamin | mg | 0.049 | | 1 | A | 1 | | 0.014 | | |
| Riboflavin | mg | 0.040 | | 1 | A | 1 | | 0.011 | | |
| Niacin | mg | 1.300 | | 1 | A | 1 | | 0.369 | | |
| Pantothenic acid | mg | 0.700 | | 1 | A | 1 | | 0.198 | | |
| Vitamin B-6 | mg | 0.200 | | 1 | A | 1 | | 0.057 | | |
| Folate, total | µg | | | | | | | | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | 22.5 | | 0 | AS | 1 | | 6.4 | | |
| Betaine | mg | 1.2 | | 1 | A | 1 | | 0.3 | | |
| Vitamin B-12 | µg | | | | | | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | | | | | | | | | |
| 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 | 1.3 | | 1 | A | 1 | | 0.4 | | |

**NDB No. 19057**
**Snacks, tortilla chips, nacho cheese**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.5 | | 1 | A | 1 | | 0.1 | | |
| Menaquinone-4....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.936 | | 0 | NC | 4 | | 1.116 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 10:0....g | 0.031 | 0.001 | 13 | A | 1 | | 0.009 | | |
| 12:0....g | 0.036 | 0.001 | 13 | A | 1 | | 0.010 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.129 | 0.003 | 13 | A | 1 | | 0.037 | | |
| 15:0....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 16:0....g | 2.988 | 0.024 | 13 | A | 1 | | 0.847 | | |
| 17:0....g | 0.022 | 0.000 | 13 | A | 1 | | 0.006 | | |
| 18:0....g | 0.597 | 0.007 | 13 | A | 1 | | 0.169 | | |
| 20:0....g | 0.100 | 0.001 | 13 | A | 1 | | 0.028 | | |
| 22:0....g | 0.033 | 0.000 | 13 | A | 1 | | 0.009 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.067 | | 0 | NC | 4 | | 2.004 | | |
| 14:1....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 15:1....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.042 | 0.001 | 13 | A | 1 | | 0.012 | | |
| 17:1....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated....g | 6.331 | 0.520 | 13 | JA | 6 | | 1.795 | | |
| 18:1 c....g | | | | | | | | | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.111 | 0.004 | 13 | A | 1 | | 0.031 | | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.059 | 0.000 | 13 | A | 1 | | 0.017 | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 13.624 | | 0 | NC | 4 | | 3.862 | | |
| 18:2 undifferentiated....g | 12.265 | 1.017 | 13 | JA | 6 | | 3.477 | | |
| 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 | 0.105 | 0.004 | 13 | A | 1 | | 0.030 | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.237 | 0.002 | 13 | AS | 1 | | 0.067 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.237 | 0.002 | 13 | A | 1 | | 0.067 | | |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 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 | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.216 | | 0 | NC | 4 | | 0.061 | | |
| Fatty acids, total trans-monoenoic....g | 0.111 | | 0 | NC | 4 | | 0.031 | | |
| Fatty acids, total trans-polyenoic....g | 0.105 | | 0 | NC | 4 | | 0.030 | | |
| Cholesterol....mg | | | | | | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |

**NDB No. 19057**
**Snacks, tortilla chips, nacho cheese**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.066 | | 0 | NR | 4 | | 0.019 | | |
| Threonine....g | 0.282 | | 0 | NR | 4 | | 0.080 | | |
| Isoleucine....g | 0.296 | | 0 | NR | 4 | | 0.084 | | |
| Leucine....g | 0.881 | | 0 | NR | 4 | | 0.250 | | |
| Lysine....g | 0.291 | | 0 | NR | 4 | | 0.082 | | |
| Methionine....g | 0.163 | | 0 | NR | 4 | | 0.046 | | |
| Cystine....g | 0.125 | | 0 | NR | 4 | | 0.035 | | |
| Phenylalanine....g | 0.374 | | 0 | NR | 4 | | 0.106 | | |
| Tyrosine....g | 0.318 | | 0 | NR | 4 | | 0.090 | | |
| Valine....g | 0.402 | | 0 | NR | 4 | | 0.114 | | |
| Arginine....g | 0.387 | | 0 | NR | 4 | | 0.110 | | |
| Histidine....g | 0.238 | | 0 | NR | 4 | | 0.067 | | |
| Alanine....g | 0.503 | | 0 | NR | 4 | | 0.143 | | |
| Aspartic acid....g | 0.537 | | 0 | NR | 4 | | 0.152 | | |
| Glutamic acid....g | 1.507 | | 0 | NR | 4 | | 0.427 | | |
| Glycine....g | 0.286 | | 0 | NR | 4 | | 0.081 | | |
| Proline....g | 0.676 | | 0 | NR | 4 | | 0.192 | | |
| Serine....g | 0.370 | | 0 | NR | 4 | | 0.105 | | |
| Hydroxyproline....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 19857**

**Snacks, tortilla chips, nacho-flavor, made with enriched masa flour**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.70 | | 0 | BFZN | 4 | | 0.48 | | |
| Energy | kcal | 498 | | 0 | BFZN | 4 | | 141 | | |
| Energy | kJ | 2084 | | | | 4 | | 591 | | |
| Protein | g | 7.80 | | 0 | BFZN | 4 | | 2.21 | | |
| Total lipid (fat) | g | 25.60 | | 0 | BFZN | 4 | | 7.26 | | |
| Ash | g | 2.60 | | 0 | BFZN | 4 | | 0.74 | | |
| Carbohydrate, by difference | g | 62.40 | | 0 | BFZN | 4 | | 17.69 | | |
| Fiber, total dietary | g | 5.3 | | 0 | BFZN | 4 | | 1.5 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 147 | | 0 | BFZN | 4 | | 42 | | |
| Iron, Fe | mg | 3.70 | | 1 | MA | 12 | | 1.05 | | |
| Magnesium, Mg | mg | 82 | | 0 | BFZN | 4 | | 23 | | |
| Phosphorus, P | mg | 244 | | 0 | BFZN | 4 | | 69 | | |
| Potassium, K | mg | 216 | | 0 | BFZN | 4 | | 61 | | |
| Sodium, Na | mg | 708 | | 0 | BFZN | 4 | | 201 | | |
| Zinc, Zn | mg | 1.20 | | 0 | BFZN | 4 | | 0.34 | | |
| Copper, Cu | mg | 0.177 | | 0 | BFZN | 4 | | 0.050 | | |
| Manganese, Mn | mg | 0.408 | | 0 | BFZN | 4 | | 0.116 | | |
| Selenium, Se | µg | 13.0 | | 0 | BFZN | 4 | | 3.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | | 0 | BFZN | 4 | | 0.5 | | |
| Thiamin | mg | 0.400 | | 1 | MA | 12 | | 0.113 | | |
| Riboflavin | mg | 0.350 | | 1 | MA | 12 | | 0.099 | | |
| Niacin | mg | 4.000 | | 1 | MA | 12 | | 1.134 | | |
| Pantothenic acid | mg | 0.290 | | 0 | BFZN | 4 | | 0.082 | | |
| Vitamin B-6 | mg | 0.286 | | 0 | BFZN | 4 | | 0.081 | | |
| Folate, total | µg | 130 | | 1 | MA | 12 | | 37 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 130 | | 1 | MA | 12 | | 37 | | |
| Folate, DFE | mcg_DFE | 130 | | 0 | NC | 4 | | 37 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.05 | | 0 | BFZN | 4 | | 0.01 | | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | NC | 4 | | 7 | | |
| Retinol | µg | 6 | | 0 | NC | 4 | | 2 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 371 | | 0 | BFZN | 4 | | 105 | | |
| 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 | 4.900 | | 0 | BFZN | 4 | | 1.389 | | |
| 4:0 | g | 0.020 | | 0 | BFZN | 4 | | 0.006 | | |

**NDB No. 19857**
**Snacks, tortilla chips, nacho-flavor, made with enriched masa flour**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.000 | | 0 | 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 | 0.050 | | 0 | BFZN | 4 | | 0.014 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.180 | | 0 | BFZN | 4 | | 0.051 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.170 | | 0 | BFZN | 4 | | 0.899 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.480 | | 0 | BFZN | 4 | | 0.420 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 15.090 | | 0 | BFZN | 4 | | 4.278 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.100 | | 0 | BFZN | 4 | | 0.028 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 15.000 | | 0 | BFZN | 4 | | 4.253 | | |
| 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 | 3.540 | | 0 | BFZN | 4 | | 1.004 | | |
| 18:2 undifferentiated g | 3.400 | | 0 | BFZN | 4 | | 0.964 | | |
| 18:3 undifferentiated g | 0.140 | | 0 | BFZN | 4 | | 0.040 | | |
| 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 | 3 | | 0 | BFZN | 4 | | 1 | | |
| Phytosterols mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.066 | | 0 | BFZN | 4 | | 0.019 | | |
| Threonine g | 0.282 | | 0 | BFZN | 4 | | 0.080 | | |
| Isoleucine g | 0.296 | | 0 | BFZN | 4 | | 0.084 | | |
| Leucine g | 0.881 | | 0 | BFZN | 4 | | 0.250 | | |
| Lysine g | 0.291 | | 0 | BFZN | 4 | | 0.082 | | |
| Methionine g | 0.163 | | 0 | BFZN | 4 | | 0.046 | | |
| Cystine g | 0.125 | | 0 | BFZN | 4 | | 0.035 | | |
| Phenylalanine g | 0.374 | | 0 | BFZN | 4 | | 0.106 | | |
| Tyrosine g | 0.318 | | 0 | BFZN | 4 | | 0.090 | | |
| Valine g | 0.402 | | 0 | BFZN | 4 | | 0.114 | | |
| Arginine g | 0.387 | | 0 | BFZN | 4 | | 0.110 | | |
| Histidine g | 0.238 | | 0 | BFZN | 4 | | 0.067 | | |
| Alanine g | 0.503 | | 0 | BFZN | 4 | | 0.143 | | |
| Aspartic acid g | 0.537 | | 0 | BFZN | 4 | | 0.152 | | |
| Glutamic acid g | 1.507 | | 0 | BFZN | 4 | | 0.427 | | |
| Glycine g | 0.286 | | 0 | BFZN | 4 | | 0.081 | | |
| Proline g | 0.676 | | 0 | BFZN | 4 | | 0.192 | | |
| Serine g | 0.370 | | 0 | BFZN | 4 | | 0.105 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19857**

**Snacks, tortilla chips, nacho-flavor, made with enriched masa flour**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 25 Snacks

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

**NDB No. 19424**
**Snacks, tortilla chips, nacho-flavor, 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 | 1.30 | 0.109 | 15 | | 1 | | 0.37 | 2.21 | |
| Energy....kcal | 445 | | 0 | NC | 4 | | 126 | 757 | |
| Energy....kJ | 1862 | | | | 4 | | 528 | 3165 | |
| Protein (N x 6.3)....g | 8.70 | 0.233 | 15 | | 1 | | 2.47 | 14.79 | |
| Total lipid (fat)....g | 15.20 | 0.153 | 24 | | 1 | | 4.31 | 25.84 | |
| Ash....g | 3.20 | 0.041 | 15 | | 1 | | 0.91 | 5.44 | |
| Carbohydrate, by difference....g | 71.60 | | 0 | NC | 4 | | 20.30 | 121.72 | |
| Fiber, total dietary....g | 4.8 | | 0 | | 4 | | 1.4 | 8.1 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 159 | 4.372 | 15 | | 1 | | 45 | 270 | |
| Iron, Fe....mg | 1.63 | 0.037 | 15 | | 1 | | 0.46 | 2.77 | |
| Magnesium, Mg....mg | 97 | 1.668 | 15 | | 1 | | 27 | 165 | |
| Phosphorus, P....mg | 318 | 2.774 | 15 | | 1 | | 90 | 541 | |
| Potassium, K....mg | 272 | 2.543 | 15 | | 1 | | 77 | 462 | |
| Sodium, Na....mg | 1003 | 16.229 | 24 | | 1 | | 284 | 1705 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | 0.143 | 0.020 | 12 | | 1 | | 0.041 | 0.243 | |
| Manganese, Mn....mg | 0.436 | 0.007 | 12 | | 1 | | 0.124 | 0.741 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | 0.058 | 12 | | 1 | | 0.1 | 0.3 | |
| Thiamin....mg | 0.222 | 0.003 | 15 | | 1 | | 0.063 | 0.377 | |
| Riboflavin....mg | 0.274 | 0.006 | 15 | | 1 | | 0.078 | 0.466 | |
| Niacin....mg | 0.415 | 0.107 | 15 | | 1 | | 0.118 | 0.706 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.231 | | 1 | | 4 | | 0.065 | 0.393 | |
| Folate, total....µg | 26 | | 1 | | 4 | | 7 | 44 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 26 | | 1 | | 4 | | 7 | 44 | |
| Folate, DFE....mcg_DFE | 26 | | 0 | NC | 4 | | 7 | 44 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 24 | | 0 | NC | 4 | | 7 | 41 | |
| Retinol....µg | 6 | | 0 | NC | 4 | | 2 | 10 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 380 | 11.470 | 15 | | 1 | | 108 | 646 | |
| 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 | 2.910 | | 0 | | 1 | | 0.825 | 4.947 | |
| 4:0....g | 0.010 | | 3 | | 1 | | 0.003 | 0.017 | |

**NDB No. 19424**
**Snacks, tortilla chips, nacho-flavor, reduced fat**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | 0.030 | | 3 | | 1 | | 0.009 | 0.051 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.110 | | 3 | | 1 | | 0.031 | 0.187 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.880 | | 3 | | 1 | | 0.533 | 3.196 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.880 | | 3 | | 1 | | 0.249 | 1.496 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.950 | | 0 | | 1 | | 2.537 | 15.215 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.060 | | 3 | | 1 | | 0.017 | 0.102 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.890 | | 3 | | 1 | | 2.520 | 15.113 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.100 | | 0 | | 1 | | 0.595 | 3.570 | |
| 18:2 undifferentiated g | 2.020 | | 3 | | 1 | | 0.573 | 3.434 | |
| 18:3 undifferentiated g | 0.090 | | 3 | | 1 | | 0.026 | 0.153 | |
| 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 | 3 | 0.084 | 15 | | 1 | | 1 | 5 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.069 | | 0 | | 1 | | 0.020 | 0.117 | |
| Threonine g | 0.314 | | 0 | | 1 | | 0.089 | 0.534 | |
| Isoleucine g | 0.331 | | 0 | | 1 | | 0.094 | 0.563 | |
| Leucine g | 0.989 | | 0 | | 1 | | 0.280 | 1.681 | |
| Lysine g | 0.316 | | 0 | | 1 | | 0.090 | 0.537 | |
| Methionine g | 0.181 | | 0 | | 1 | | 0.051 | 0.308 | |
| Cystine g | 0.139 | | 0 | | 1 | | 0.039 | 0.236 | |
| Phenylalanine g | 0.417 | | 0 | | 1 | | 0.118 | 0.709 | |
| Tyrosine g | 0.352 | | 0 | | 1 | | 0.100 | 0.598 | |
| Valine g | 0.446 | | 0 | | 1 | | 0.126 | 0.758 | |
| Arginine g | 0.429 | | 0 | | 1 | | 0.122 | 0.729 | |
| Histidine g | 0.262 | | 0 | | 1 | | 0.074 | 0.445 | |
| Alanine g | 0.569 | | 0 | | 1 | | 0.161 | 0.967 | |
| Aspartic acid g | 0.596 | | 0 | | 1 | | 0.169 | 1.013 | |
| Glutamic acid g | 1.669 | | 0 | | 1 | | 0.473 | 2.837 | |
| Glycine g | 0.320 | | 0 | | 1 | | 0.091 | 0.544 | |
| Proline g | 0.755 | | 0 | | 1 | | 0.214 | 1.284 | |
| Serine g | 0.411 | | 0 | | 1 | | 0.117 | 0.699 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19424**

**Snacks, tortilla chips, nacho-flavor, reduced fat**

Measure 2 = 170g: 1 bag (6 oz)

**Calories Factors: Protein** 2.9 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19056**
**Snacks, tortilla chips, plain, white corn**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.85 | 0.160 | 6 | A | 1 | | 0.53 | 3.95 | |
| Energy....kcal | 489 | | 0 | NC | 4 | | 139 | 1041 | |
| Energy....kJ | 2045 | | 0 | NC | 4 | | 580 | 4356 | |
| Protein (N x 6.2)....g | 7.79 | 0.064 | 5 | A | 1 | | 2.21 | 16.59 | |
| Total lipid (fat)....g | 23.36 | 0.775 | 5 | A | 1 | | 6.62 | 49.76 | |
| Ash....g | 1.44 | 0.122 | 5 | A | 1 | | 0.41 | 3.07 | |
| Carbohydrate, by difference....g | 65.56 | | 0 | NC | 4 | | 18.59 | 139.63 | |
| Fiber, total dietary....g | 5.3 | 0.501 | 5 | A | 1 | | 1.5 | 11.2 | |
| Sugars, total....g | 1.00 | 0.021 | 5 | A | 1 | | 0.28 | 2.14 | |
| Sucrose....g | 0.85 | 0.021 | 5 | A | 1 | | 0.24 | 1.82 | |
| Glucose (dextrose)....g | 0.07 | 0.000 | 5 | A | 1 | | 0.02 | 0.16 | |
| Fructose....g | 0.07 | 0.000 | 5 | A | 1 | | 0.02 | 0.16 | |
| Lactose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 6.75 | 0.194 | 5 | A | 1 | | 1.91 | 14.38 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 174 | 4.903 | 5 | A | 1 | | 49 | 371 | |
| Iron, Fe....mg | 2.32 | 0.112 | 5 | A | 1 | | 0.66 | 4.93 | |
| Magnesium, Mg....mg | 146 | 3.686 | 5 | A | 1 | | 41 | 312 | |
| Phosphorus, P....mg | 200 | 10.702 | 5 | A | 1 | | 57 | 426 | |
| Potassium, K....mg | 215 | 4.823 | 5 | A | 1 | | 61 | 459 | |
| Sodium, Na....mg | 421 | 18.336 | 5 | A | 1 | | 119 | 897 | |
| Zinc, Zn....mg | 2.46 | 0.079 | 5 | A | 1 | | 0.70 | 5.25 | |
| Copper, Cu....mg | 0.523 | 0.031 | 5 | A | 1 | | 0.148 | 1.113 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 6.7 | 0.845 | 39 | A | 1 | | 1.9 | 14.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.015 | 0.007 | 4 | A | 1 | | 0.004 | 0.032 | |
| Riboflavin....mg | 0.100 | 0.057 | 5 | A | 1 | | 0.028 | 0.214 | |
| Niacin....mg | 1.262 | 1.255 | 3 | A | 1 | | 0.358 | 2.688 | |
| Pantothenic acid....mg | 1.185 | 0.065 | 3 | A | 1 | | 0.336 | 2.525 | |
| Vitamin B-6....mg | 0.213 | 0.007 | 3 | A | 1 | | 0.060 | 0.454 | |
| Folate, total....µg | 20 | 2.915 | 3 | A | 1 | | 6 | 42 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 20 | | 0 | NR | 4 | | 6 | 42 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 6 | 42 | |
| Choline, total....mg | 19.4 | | 0 | AS | 1 | | 5.5 | 41.4 | |
| Betaine....mg | 0.4 | | 1 | A | 1 | | 0.1 | 0.8 | |
| Vitamin B-12....µg | 0.36 | | 1 | A | 1 | | 0.10 | 0.77 | |
| 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 | 1 | | 0 | O | 4 | | 0 | 2 | |
| Carotene, alpha....µg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 1 | | 0 | O | 4 | | 0 | 2 | |
| Vitamin A, IU....IU | 3 | | 0 | NC | 4 | | 1 | 6 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 4 | | 0 | O | 4 | | 1 | 8 | |
| Vitamin E (alpha-tocopherol)....mg | 4.29 | | 0 | O | 4 | | 1.21 | 9.13 | |
| 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 | | | | | | | | | |

**NDB No. 19056**
**Snacks, tortilla chips, plain, white corn**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 20.9 | | 2 | A | 1 | | 5.9 | 44.5 | |
| Dihydrophylloquinone.....µg | 43.7 | | 2 | A | 1 | | 12.4 | 93.1 | |
| Menaquinone-4.....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.810 | | 0 | NC | 4 | | 0.797 | 5.985 | |
| 4:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.002 | 0.018 | |
| 10:0.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.000 | 0.003 | |
| 12:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.010 | 0.001 | 6 | A | 1 | | 0.003 | 0.021 | |
| 15:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.001 | 0.006 | |
| 16:0.....g | 2.173 | 0.033 | 6 | A | 1 | | 0.616 | 4.629 | |
| 17:0.....g | 0.015 | 0.000 | 6 | A | 1 | | 0.004 | 0.032 | |
| 18:0.....g | 0.468 | 0.030 | 6 | A | 1 | | 0.133 | 0.996 | |
| 20:0.....g | 0.070 | 0.002 | 6 | A | 1 | | 0.020 | 0.149 | |
| 22:0.....g | 0.033 | 0.003 | 6 | A | 1 | | 0.009 | 0.070 | |
| 24:0.....g | 0.029 | 0.001 | 6 | A | 1 | | 0.008 | 0.061 | |
| Fatty acids, total monounsaturated.....g | 6.789 | | 0 | FLA | 4 | | 1.925 | 14.461 | |
| 14:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.019 | 0.000 | 6 | AS | 1 | | 0.005 | 0.041 | |
| 16:1 c.....g | 0.019 | 0.000 | 6 | A | 1 | | 0.005 | 0.041 | |
| 16:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 5.107 | 0.124 | 6 | AS | 1 | | 1.448 | 10.878 | |
| 18:1 c.....g | 5.096 | 0.124 | 6 | A | 1 | | 1.445 | 10.854 | |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.011 | 0.001 | 6 | A | 1 | | 0.003 | 0.024 | |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.063 | 0.001 | 6 | A | 1 | | 0.018 | 0.134 | |
| 22:1 undifferentiated.....g | 0.004 | 0.000 | 6 | AS | 1 | | 0.001 | 0.008 | |
| 22:1 c.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.001 | 0.006 | |
| 22:1 t.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.000 | 0.001 | |
| 24:1 c.....g | 0.009 | 0.000 | 6 | A | 1 | | 0.003 | 0.019 | |
| Fatty acids, total polyunsaturated.....g | 11.248 | | 0 | NC | 4 | | 3.189 | 23.958 | |
| 18:2 undifferentiated.....g | 10.965 | 0.152 | 6 | AS | 1 | | 3.108 | 23.355 | |
| 18:2 n-6 c,c.....g | 10.890 | 0.153 | 6 | A | 1 | | 3.087 | 23.195 | |
| 18:2 CLAs.....g | 0.016 | 0.002 | 6 | A | 1 | | 0.004 | 0.033 | |
| 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 | 0.059 | 0.005 | 6 | A | 1 | | 0.017 | 0.126 | |
| 18:3 undifferentiated.....g | 0.267 | 0.019 | 6 | AS | 1 | | 0.076 | 0.569 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.267 | 0.019 | 6 | A | 1 | | 0.076 | 0.569 | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.007 | 0.000 | 6 | A | 1 | | 0.002 | 0.015 | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 6 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.004 | 0.000 | 6 | A | 1 | | 0.001 | 0.008 | |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 6 | A | 1 | | 0.001 | 0.005 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.001 | 0.007 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |

**NDB No. 19056**
**Snacks, tortilla chips, plain, white corn**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.071 | | 0 | NC | 4 | | 0.020 | 0.152 | |
| Fatty acids, total trans-monoenoic....g | 0.012 | | 0 | NC | 4 | | 0.003 | 0.026 | |
| Fatty acids, total trans-polyenoic....g | 0.059 | | 0 | NC | 4 | | 0.017 | 0.126 | |
| Cholesterol....mg | 0 | 0.073 | 4 | A | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| Stigmasterol....mg | 14 | 0.601 | 4 | A | 1 | | 4 | 30 | |
| Campesterol....mg | 24 | 0.856 | 4 | A | 1 | | 7 | 50 | |
| Beta-sitosterol....mg | 61 | 1.774 | 4 | A | 1 | | 17 | 130 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.056 | | 0 | A | 1 | | 0.016 | 0.119 | |
| Threonine....g | 0.370 | | 0 | A | 1 | | 0.105 | 0.787 | |
| Isoleucine....g | 0.446 | | 0 | A | 1 | | 0.127 | 0.951 | |
| Leucine....g | 1.256 | | 0 | A | 1 | | 0.356 | 2.675 | |
| Lysine....g | 0.247 | | 0 | A | 1 | | 0.070 | 0.525 | |
| Methionine....g | 0.163 | | 0 | A | 1 | | 0.046 | 0.346 | |
| Cystine....g | 0.057 | | 0 | A | 1 | | 0.016 | 0.121 | |
| Phenylalanine....g | 0.501 | | 0 | A | 1 | | 0.142 | 1.068 | |
| Tyrosine....g | 0.508 | | 0 | A | 1 | | 0.144 | 1.081 | |
| Valine....g | 0.408 | | 0 | A | 1 | | 0.116 | 0.869 | |
| Arginine....g | 0.560 | | 0 | A | 1 | | 0.159 | 1.193 | |
| Histidine....g | 0.239 | | 0 | A | 1 | | 0.068 | 0.510 | |
| Alanine....g | 0.695 | | 0 | A | 1 | | 0.197 | 1.479 | |
| Aspartic acid....g | 0.472 | | 0 | A | 1 | | 0.134 | 1.005 | |
| Glutamic acid....g | 1.782 | | 0 | A | 1 | | 0.505 | 3.795 | |
| Glycine....g | 0.344 | | 0 | A | 1 | | 0.097 | 0.732 | |
| Proline....g | 0.927 | | 0 | A | 1 | | 0.263 | 1.974 | |
| Serine....g | 0.449 | | 0 | A | 1 | | 0.127 | 0.957 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 213g: 1 bag

**Calories Factors: Protein** 2.7 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 25 Snacks

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

**NDB No. 19058**
**Snacks, tortilla chips, ranch-flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.14 | | 1 | A | 1 | | 0.89 | 6.22 | |
| Energy | kcal | 501 | | 0 | NC | 4 | | 142 | 993 | |
| Energy | kJ | 2098 | | 0 | NC | 4 | | 595 | 4154 | |
| Protein (N x 6.25) | g | 7.19 | | 1 | A | 1 | | 2.04 | 14.23 | |
| Total lipid (fat) | g | 24.63 | | 1 | A | 1 | | 6.98 | 48.77 | |
| Ash | g | 2.30 | | 1 | A | 1 | | 0.65 | 4.55 | |
| Carbohydrate, by difference | g | 62.74 | | 0 | NC | 4 | | 17.79 | 124.23 | |
| Fiber, total dietary | g | 4.0 | | 1 | A | 1 | | 1.1 | 7.9 | |
| Sugars, total | g | 3.03 | | 1 | A | 1 | | 0.86 | 6.01 | |
| Sucrose | g | 1.07 | | 1 | A | 1 | | 0.30 | 2.12 | |
| Glucose (dextrose) | g | 0.44 | | 1 | A | 1 | | 0.12 | 0.87 | |
| Fructose | g | 0.34 | | 1 | A | 1 | | 0.10 | 0.67 | |
| Lactose | g | 1.11 | | 1 | A | 1 | | 0.31 | 2.20 | |
| Maltose | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose | g | 0.07 | | 1 | A | 1 | | 0.02 | 0.15 | |
| Starch | g | 54.80 | | 1 | A | 1 | | 15.54 | 108.50 | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 134 | | 1 | A | 1 | | 38 | 265 | |
| Iron, Fe | mg | 1.38 | | 1 | A | 1 | | 0.39 | 2.73 | |
| Magnesium, Mg | mg | 87 | | 1 | A | 1 | | 25 | 171 | |
| Phosphorus, P | mg | 252 | | 1 | A | 1 | | 71 | 499 | |
| Potassium, K | mg | 259 | | 1 | A | 1 | | 73 | 513 | |
| Sodium, Na | mg | 519 | | 1 | A | 1 | | 147 | 1028 | |
| Zinc, Zn | mg | 1.43 | | 1 | A | 1 | | 0.41 | 2.83 | |
| Copper, Cu | mg | 0.101 | | 1 | A | 1 | | 0.029 | 0.200 | |
| Manganese, Mn | mg | 0.365 | | 1 | A | 1 | | 0.103 | 0.723 | |
| Selenium, Se | µg | 7.3 | | 1 | A | 1 | | 2.1 | 14.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.048 | | 1 | A | 1 | | 0.014 | 0.096 | |
| Riboflavin | mg | 0.060 | | 1 | A | 1 | | 0.017 | 0.119 | |
| Niacin | mg | 1.300 | | 1 | A | 1 | | 0.369 | 2.574 | |
| Pantothenic acid | mg | 0.600 | | 1 | A | 1 | | 0.170 | 1.188 | |
| Vitamin B-6 | mg | 0.200 | | 1 | A | 1 | | 0.057 | 0.396 | |
| Folate, total | µg | | | | | | | | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | 18.4 | | 0 | AS | 1 | | 5.2 | 36.5 | |
| Betaine | mg | 3.0 | | 1 | A | 1 | | 0.9 | 5.9 | |
| 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 | | | | | | | | | |
| 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 | 1.4 | | 1 | A | 1 | | 0.4 | 2.8 | |

**NDB No. 19058**
**Snacks, tortilla chips, ranch-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 |
| Dihydrophylloquinone....µg | 2.1 | | 1 | A | 1 | | 0.6 | 4.2 | |
| Menaquinone-4....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.539 | | 0 | NC | 4 | | 1.003 | 7.007 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.022 | | 1 | A | 1 | | 0.006 | 0.044 | |
| 12:0....g | 0.022 | | 1 | A | 1 | | 0.006 | 0.044 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.022 | | 1 | A | 1 | | 0.006 | 0.044 | |
| 15:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:0....g | 2.769 | | 1 | A | 1 | | 0.785 | 5.483 | |
| 17:0....g | 0.022 | | 1 | A | 1 | | 0.006 | 0.044 | |
| 18:0....g | 0.548 | | 1 | A | 1 | | 0.155 | 1.085 | |
| 20:0....g | 0.099 | | 1 | A | 1 | | 0.028 | 0.196 | |
| 22:0....g | 0.034 | | 1 | A | 1 | | 0.010 | 0.067 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.047 | | 0 | NC | 4 | | 1.998 | 13.953 | |
| 14:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.022 | | 1 | A | 1 | | 0.006 | 0.044 | |
| 17:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 6.719 | | 1 | A | 1 | | 1.905 | 13.303 | |
| 18:1 c....g | | | | | | | | | |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.247 | | 1 | A | 1 | | 0.070 | 0.489 | |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.059 | | 1 | A | 1 | | 0.017 | 0.117 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 13.528 | | 0 | NC | 4 | | 3.835 | 26.785 | |
| 18:2 undifferentiated....g | 13.195 | | 1 | A | 1 | | 3.741 | 26.126 | |
| 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 | 0.098 | | 1 | A | 1 | | 0.028 | 0.194 | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.235 | | 0 | AS | 1 | | 0.067 | 0.465 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.235 | | 1 | A | 1 | | 0.067 | 0.465 | |
| 18:3 n-6 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 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 | 0.345 | | 0 | NC | 4 | | 0.098 | 0.683 | |
| Fatty acids, total trans-monoenoic....g | 0.247 | | 0 | NC | 4 | | 0.070 | 0.489 | |
| Fatty acids, total trans-polyenoic....g | 0.098 | | 0 | NC | 4 | | 0.028 | 0.194 | |
| Cholesterol....mg | | | | | | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |

**NDB No. 19058**
**Snacks, tortilla chips, ranch-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 |
| Tryptophan....g | 0.058 | | 0 | NR | 4 | | 0.016 | 0.115 | |
| Threonine....g | 0.285 | | 0 | NR | 4 | | 0.081 | 0.564 | |
| Isoleucine....g | 0.280 | | 0 | NR | 4 | | 0.079 | 0.554 | |
| Leucine....g | 0.871 | | 0 | NR | 4 | | 0.247 | 1.725 | |
| Lysine....g | 0.246 | | 0 | NR | 4 | | 0.070 | 0.487 | |
| Methionine....g | 0.154 | | 0 | NR | 4 | | 0.044 | 0.305 | |
| Cystine....g | 0.131 | | 0 | NR | 4 | | 0.037 | 0.259 | |
| Phenylalanine....g | 0.358 | | 0 | NR | 4 | | 0.101 | 0.709 | |
| Tyrosine....g | 0.297 | | 0 | NR | 4 | | 0.084 | 0.588 | |
| Valine....g | 0.380 | | 0 | NR | 4 | | 0.108 | 0.752 | |
| Arginine....g | 0.385 | | 0 | NR | 4 | | 0.109 | 0.762 | |
| Histidine....g | 0.223 | | 0 | NR | 4 | | 0.063 | 0.442 | |
| Alanine....g | 0.528 | | 0 | NR | 4 | | 0.150 | 1.045 | |
| Aspartic acid....g | 0.542 | | 0 | NR | 4 | | 0.154 | 1.073 | |
| Glutamic acid....g | 1.463 | | 0 | NR | 4 | | 0.415 | 2.897 | |
| Glycine....g | 0.295 | | 0 | NR | 4 | | 0.084 | 0.584 | |
| Proline....g | 0.633 | | 0 | NR | 4 | | 0.179 | 1.253 | |
| Serine....g | 0.351 | | 0 | NR | 4 | | 0.100 | 0.695 | |
| Hydroxyproline....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

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

**Food Group:** 25 Snacks

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

**NDB No. 19063**
**Snacks, tortilla chips, taco-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 | 1.60 | 0.112 | 13 | | 1 | | 0.45 | 3.63 | |
| Energy....kcal | 480 | | 0 | NC | 4 | | 136 | 1090 | |
| Energy....kJ | 2008 | | | | 4 | | 569 | 4559 | |
| Protein (N x 6.2)....g | 7.90 | 0.223 | 13 | | 1 | | 2.24 | 17.93 | |
| Total lipid (fat)....g | 24.20 | 0.362 | 13 | | 1 | | 6.86 | 54.93 | |
| Ash....g | 3.10 | 0.239 | 13 | | 1 | | 0.88 | 7.04 | |
| Carbohydrate, by difference....g | 63.10 | | 0 | NC | 4 | | 17.89 | 143.24 | |
| Fiber, total dietary....g | 5.3 | | 0 | | 4 | | 1.5 | 12.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 155 | 6.066 | 13 | | 1 | | 44 | 352 | |
| Iron, Fe....mg | 2.02 | 0.095 | 13 | | 1 | | 0.57 | 4.59 | |
| Magnesium, Mg....mg | 88 | 2.127 | 13 | | 1 | | 25 | 200 | |
| Phosphorus, P....mg | 239 | 13.229 | 13 | | 1 | | 68 | 543 | |
| Potassium, K....mg | 217 | 10.119 | 13 | | 1 | | 62 | 493 | |
| Sodium, Na....mg | 787 | 51.292 | 16 | | 1 | | 223 | 1786 | |
| Zinc, Zn....mg | 1.27 | 0.105 | 13 | | 1 | | 0.36 | 2.88 | |
| Copper, Cu....mg | 0.186 | 0.037 | 13 | | 1 | | 0.053 | 0.422 | |
| Manganese, Mn....mg | 0.442 | 0.034 | 8 | | 1 | | 0.125 | 1.003 | |
| Selenium, Se....µg | 6.7 | | 0 | BFZN | 4 | | 1.9 | 15.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.9 | | 1 | | 4 | | 0.3 | 2.0 | |
| Thiamin....mg | 0.242 | 0.015 | 13 | | 1 | | 0.069 | 0.549 | |
| Riboflavin....mg | 0.204 | 0.018 | 10 | | 1 | | 0.058 | 0.463 | |
| Niacin....mg | 1.999 | 0.100 | 13 | | 1 | | 0.567 | 4.538 | |
| Pantothenic acid....mg | 0.290 | | 1 | | 4 | | 0.082 | 0.658 | |
| Vitamin B-6....mg | 0.297 | 0.009 | 3 | | 1 | | 0.084 | 0.674 | |
| Folate, total....µg | 21 | | 1 | | 4 | | 6 | 48 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 21 | | 1 | | 4 | | 6 | 48 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 6 | 48 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 45 | | 0 | NC | 4 | | 13 | 103 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 905 | 119.446 | 8 | | 1 | | 257 | 2054 | |
| 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 | 4.640 | | 0 | | 1 | | 1.315 | 10.533 | |
| 4:0....g | 0.020 | | 3 | | 1 | | 0.006 | 0.045 | |

**NDB No. 19063**
**Snacks, tortilla chips, taco-flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | 0.050 | | 3 | | 1 | | 0.014 | 0.114 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.170 | | 3 | | 1 | | 0.048 | 0.386 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.000 | | 3 | | 1 | | 0.851 | 6.810 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.410 | | 3 | | 1 | | 0.400 | 3.201 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 14.290 | | 0 | | 1 | | 4.051 | 32.438 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.090 | | 3 | | 1 | | 0.026 | 0.204 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 14.200 | | 3 | | 1 | | 4.026 | 32.234 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.360 | | 0 | | 1 | | 0.953 | 7.627 | |
| 18:2 undifferentiated g | 3.220 | | 3 | | 1 | | 0.913 | 7.309 | |
| 18:3 undifferentiated g | 0.140 | | 3 | | 1 | | 0.040 | 0.318 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 5 | | 1 | | 4 | | 1 | 11 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.067 | | 0 | | 1 | | 0.019 | 0.152 | |
| Threonine g | 0.292 | | 0 | | 1 | | 0.083 | 0.663 | |
| Isoleucine g | 0.315 | | 0 | | 1 | | 0.089 | 0.715 | |
| Leucine g | 0.890 | | 0 | | 1 | | 0.252 | 2.020 | |
| Lysine g | 0.300 | | 0 | | 1 | | 0.085 | 0.681 | |
| Methionine g | 0.163 | | 0 | | 1 | | 0.046 | 0.370 | |
| Cystine g | 0.127 | | 0 | | 1 | | 0.036 | 0.288 | |
| Phenylalanine g | 0.384 | | 0 | | 1 | | 0.109 | 0.872 | |
| Tyrosine g | 0.318 | | 0 | | 1 | | 0.090 | 0.722 | |
| Valine g | 0.412 | | 0 | | 1 | | 0.117 | 0.935 | |
| Arginine g | 0.401 | | 0 | | 1 | | 0.114 | 0.910 | |
| Histidine g | 0.240 | | 0 | | 1 | | 0.068 | 0.545 | |
| Alanine g | 0.512 | | 0 | | 1 | | 0.145 | 1.162 | |
| Aspartic acid g | 0.587 | | 0 | | 1 | | 0.166 | 1.332 | |
| Glutamic acid g | 1.519 | | 0 | | 1 | | 0.431 | 3.448 | |
| Glycine g | 0.300 | | 0 | | 1 | | 0.085 | 0.681 | |
| Proline g | 0.679 | | 0 | | 1 | | 0.192 | 1.541 | |
| Serine g | 0.383 | | 0 | | 1 | | 0.109 | 0.869 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 19063**
**Snacks, tortilla chips, taco-flavor**

Measure 2 = 227g: 1 bag (8 oz)

**Calories Factors: Protein** 2.9 **Fat** 8.7 **Carbohydrate** 3.9

**Food Group:** 25 Snacks

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

**NDB No. 43364**
**Snacks, tortilla chips, unsalted, white corn**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.09 | 0.167 | 5 | A | 1 | | 0.54 | 0.59 | 0.38 |
| Energy | kcal | 503 | | 0 | NC | 4 | | 131 | 141 | 90 |
| Energy | kJ | 2103 | | 0 | NC | 4 | | 547 | 589 | 379 |
| Protein | g | 7.79 | 0.064 | 5 | A | 1 | | 2.02 | 2.18 | 1.40 |
| Total lipid (fat) | g | 23.36 | | 0 | NR | 4 | | 6.07 | 6.54 | 4.20 |
| Ash | g | 1.44 | 0.122 | 5 | A | 1 | | 0.37 | 0.40 | 0.26 |
| Carbohydrate, by difference | g | 65.32 | | 0 | NC | 4 | | 16.98 | 18.29 | 11.76 |
| Fiber, total dietary | g | 5.3 | 0.501 | 5 | A | 1 | | 1.4 | 1.5 | 0.9 |
| Sugars, total | g | 1.00 | 0.021 | 5 | A | 1 | | 0.26 | 0.28 | 0.18 |
| Sucrose | g | 0.85 | 0.021 | 5 | A | 1 | | 0.22 | 0.24 | 0.15 |
| Glucose (dextrose) | g | 0.07 | 0.000 | 5 | A | 1 | | 0.02 | 0.02 | 0.01 |
| Fructose | g | 0.07 | 0.000 | 5 | A | 1 | | 0.02 | 0.02 | 0.01 |
| Lactose | g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose | g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose | g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch | g | 6.75 | 0.194 | 5 | A | 1 | | 1.76 | 1.89 | 1.22 |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 174 | 4.903 | 5 | A | 1 | | 45 | 49 | 31 |
| Iron, Fe | mg | 2.32 | 0.112 | 5 | A | 1 | | 0.60 | 0.65 | 0.42 |
| Magnesium, Mg | mg | 146 | 3.686 | 5 | A | 1 | | 38 | 41 | 26 |
| Phosphorus, P | mg | 200 | 10.702 | 5 | A | 1 | | 52 | 56 | 36 |
| Potassium, K | mg | 215 | 4.823 | 5 | A | 1 | | 56 | 60 | 39 |
| Sodium, Na | mg | 15 | | 0 | NR | 4 | | 4 | 4 | 3 |
| Zinc, Zn | mg | 2.46 | 0.079 | 5 | A | 1 | | 0.64 | 0.69 | 0.44 |
| Copper, Cu | mg | 0.523 | | 0 | NR | 4 | | 0.136 | 0.146 | 0.094 |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 6.7 | | 0 | BFZN | 4 | | 1.7 | 1.9 | 1.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.015 | 0.007 | 4 | A | 1 | | 0.004 | 0.004 | 0.003 |
| Riboflavin | mg | 0.100 | 0.057 | 5 | A | 1 | | 0.026 | 0.028 | 0.018 |
| Niacin | mg | 1.262 | 1.255 | 3 | A | 1 | | 0.328 | 0.353 | 0.227 |
| Pantothenic acid | mg | 1.185 | 0.065 | 3 | A | 1 | | 0.308 | 0.332 | 0.213 |
| Vitamin B-6 | mg | 0.213 | 0.007 | 3 | A | 1 | | 0.055 | 0.060 | 0.038 |
| Folate, total | µg | 10 | | 0 | NR | 4 | | 3 | 3 | 2 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 10 | | 0 | NR | 4 | | 3 | 3 | 2 |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | 3 | 3 | 2 |
| Choline, total | mg | 18.1 | | 0 | FLA | 4 | | 4.7 | 5.1 | 3.3 |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.36 | | 1 | A | 1 | | 0.09 | 0.10 | 0.07 |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | mcg_RAE | 4 | | 0 | NC | 4 | | 1 | 1 | 1 |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta | µg | 37 | | 0 | O | 4 | | 10 | 10 | 7 |
| Carotene, alpha | µg | 24 | | 0 | O | 4 | | 6 | 7 | 4 |
| Cryptoxanthin, beta | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin A, IU | IU | 82 | | 0 | NC | 4 | | 21 | 23 | 15 |
| Lycopene | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 507 | | 0 | O | 4 | | 132 | 142 | 91 |
| Vitamin E (alpha-tocopherol) | mg | 3.53 | | 0 | O | 4 | | 0.92 | 0.99 | 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 | | | | | | | | | |

**NDB No. 43364**
**Snacks, tortilla chips, unsalted, white corn**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 0.7 | | 0 | NR | 4 | | 0.2 | 0.2 | 0.1 |
| Dihydrophylloquinone....µg | 43.7 | | 2 | A | 1 | | 11.4 | 12.2 | 7.9 |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.458 | | 0 | NR | 4 | | 0.639 | 0.688 | 0.442 |
| 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 | 0.045 | | 0 | NR | 4 | | 0.012 | 0.013 | 0.008 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | NR | 4 | | 0.001 | 0.001 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.856 | | 0 | NR | 4 | | 0.483 | 0.520 | 0.334 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.418 | | 0 | NR | 4 | | 0.109 | 0.117 | 0.075 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.520 | | 0 | NR | 4 | | 2.475 | 2.666 | 1.714 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.034 | | 0 | NR | 4 | | 0.009 | 0.010 | 0.006 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.242 | | 0 | NR | 4 | | 2.403 | 2.588 | 1.664 |
| 20:1....g | 0.184 | | 0 | NR | 4 | | 0.048 | 0.052 | 0.033 |
| 22:1 undifferentiated....g | 0.060 | | 0 | NR | 4 | | 0.016 | 0.017 | 0.011 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 9.956 | | 0 | NR | 4 | | 2.589 | 2.788 | 1.792 |
| 18:2 undifferentiated....g | 8.860 | | 0 | NR | 4 | | 2.304 | 2.481 | 1.595 |
| 18:3 undifferentiated....g | 1.096 | | 0 | NR | 4 | | 0.285 | 0.307 | 0.197 |
| 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 | NR | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 26g: 1 cup

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

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

**NDB No. 43364**
**Snacks, tortilla chips, unsalted, white corn**

**Food Group:** 25 Snacks

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

**NDB No. 19059**
**Snacks, trail mix, regular**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.20 | | 1 | | 1 | | 13.80 | 2.61 | 3.86 |
| Energy | kcal | 462 | | 0 | NC | 4 | | 693 | 131 | 194 |
| Energy | kJ | 1933 | | | | 4 | | 2900 | 548 | 812 |
| Protein (N x 5.4) | g | 13.80 | | 1 | | 1 | | 20.70 | 3.91 | 5.80 |
| Total lipid (fat) | g | 29.40 | | 1 | | 1 | | 44.10 | 8.33 | 12.35 |
| Ash | g | 2.60 | | 1 | | 1 | | 3.90 | 0.74 | 1.09 |
| Carbohydrate, by difference | g | 44.90 | | 0 | NC | 4 | | 67.35 | 12.73 | 18.86 |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 78 | | 1 | | 1 | | 117 | 22 | 33 |
| Iron, Fe | mg | 3.05 | | 1 | | 1 | | 4.58 | 0.86 | 1.28 |
| Magnesium, Mg | mg | 158 | | 1 | | 1 | | 237 | 45 | 66 |
| Phosphorus, P | mg | 345 | | 1 | | 1 | | 518 | 98 | 145 |
| Potassium, K | mg | 685 | | 1 | | 1 | | 1028 | 194 | 288 |
| Sodium, Na | mg | 229 | | 1 | | 1 | | 344 | 65 | 96 |
| Zinc, Zn | mg | 3.22 | | 1 | | 1 | | 4.83 | 0.91 | 1.35 |
| Copper, Cu | mg | 0.985 | | 1 | | 1 | | 1.478 | 0.279 | 0.414 |
| Manganese, Mn | mg | 1.034 | | 1 | | 1 | | 1.551 | 0.293 | 0.434 |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | | 1 | | 1 | | 2.1 | 0.4 | 0.6 |
| Thiamin | mg | 0.462 | | 1 | | 1 | | 0.693 | 0.131 | 0.194 |
| Riboflavin | mg | 0.198 | | 1 | | 1 | | 0.297 | 0.056 | 0.083 |
| Niacin | mg | 4.712 | | 1 | | 1 | | 7.068 | 1.336 | 1.979 |
| Pantothenic acid | mg | 0.895 | | 1 | | 1 | | 1.343 | 0.254 | 0.376 |
| Vitamin B-6 | mg | 0.298 | | 1 | | 1 | | 0.447 | 0.084 | 0.125 |
| Folate, total | µg | 71 | | 1 | | 1 | | 107 | 20 | 30 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 71 | | 1 | | 1 | | 107 | 20 | 30 |
| Folate, DFE | mcg_DFE | 71 | | 0 | NC | 4 | | 107 | 20 | 30 |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 1 | 0 | 0 |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 18 | | 1 | | 1 | | 27 | 5 | 8 |
| 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 | 5.550 | | 0 | | 1 | | 8.325 | 1.573 | 2.331 |
| 4:0 | g | | | | | | | | | |

**NDB No. 19059**
**Snacks, trail mix, regular**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.015 | 0.003 | 0.004 |
| 8:0 g | 0.200 | | 1 | | 1 | | 0.300 | 0.057 | 0.084 |
| 10:0 g | 0.160 | | 1 | | 1 | | 0.240 | 0.045 | 0.067 |
| 12:0 g | 1.170 | | 1 | | 1 | | 1.755 | 0.332 | 0.491 |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.480 | | 1 | | 1 | | 0.720 | 0.136 | 0.202 |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.530 | | 1 | | 1 | | 3.795 | 0.717 | 1.063 |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.000 | | 1 | | 1 | | 1.500 | 0.284 | 0.420 |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 12.530 | | 0 | | 1 | | 18.795 | 3.552 | 5.263 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.070 | | 1 | | 1 | | 0.105 | 0.020 | 0.029 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 12.290 | | 1 | | 1 | | 18.435 | 3.484 | 5.162 |
| 20:1 g | 0.170 | | 1 | | 1 | | 0.255 | 0.048 | 0.071 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 9.650 | | 0 | | 1 | | 14.475 | 2.736 | 4.053 |
| 18:2 undifferentiated g | 9.580 | | 1 | | 1 | | 14.370 | 2.716 | 4.024 |
| 18:3 undifferentiated g | 0.070 | | 1 | | 1 | | 0.105 | 0.020 | 0.029 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.166 | | 0 | | 1 | | 0.249 | 0.047 | 0.070 |
| Threonine g | 0.482 | | 0 | | 1 | | 0.723 | 0.137 | 0.202 |
| Isoleucine g | 0.515 | | 0 | | 1 | | 0.773 | 0.146 | 0.216 |
| Leucine g | 0.890 | | 0 | | 1 | | 1.335 | 0.252 | 0.374 |
| Lysine g | 0.515 | | 0 | | 1 | | 0.773 | 0.146 | 0.216 |
| Methionine g | 0.202 | | 0 | | 1 | | 0.303 | 0.057 | 0.085 |
| Cystine g | 0.217 | | 0 | | 1 | | 0.326 | 0.062 | 0.091 |
| Phenylalanine g | 0.658 | | 0 | | 1 | | 0.987 | 0.187 | 0.276 |
| Tyrosine g | 0.457 | | 0 | | 1 | | 0.686 | 0.130 | 0.192 |
| Valine g | 0.658 | | 0 | | 1 | | 0.987 | 0.187 | 0.276 |
| Arginine g | 1.520 | | 0 | | 1 | | 2.280 | 0.431 | 0.638 |
| Histidine g | 0.357 | | 0 | | 1 | | 0.536 | 0.101 | 0.150 |
| Alanine g | 0.587 | | 0 | | 1 | | 0.881 | 0.166 | 0.247 |
| Aspartic acid g | 1.523 | | 0 | | 1 | | 2.285 | 0.432 | 0.640 |
| Glutamic acid g | 3.023 | | 0 | | 1 | | 4.535 | 0.857 | 1.270 |
| Glycine g | 0.775 | | 0 | | 1 | | 1.163 | 0.220 | 0.326 |
| Proline g | 0.625 | | 0 | | 1 | | 0.938 | 0.177 | 0.263 |
| Serine g | 0.650 | | 0 | | 1 | | 0.975 | 0.184 | 0.273 |
| 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 = 150g: 1 cup

**NDB No. 19059**
**Snacks, trail mix, regular**

Measure 2 = 28.35g: 1 oz
Measure 3 = 42g: 1.5 oz

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19821**
**Snacks, trail mix, regular, unsalted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.20 | | 1 | | 1 | | 13.80 | 2.61 | 3.86 |
| Energy | kcal | 462 | | 0 | NC | 4 | | 693 | 131 | 194 |
| Energy | kJ | 1933 | | | | 4 | | 2900 | 548 | 812 |
| Protein (N x 5.4) | g | 13.80 | | 1 | | 1 | | 20.70 | 3.91 | 5.80 |
| Total lipid (fat) | g | 29.40 | | 1 | | 1 | | 44.10 | 8.33 | 12.35 |
| Ash | g | 2.60 | | 1 | | 1 | | 3.90 | 0.74 | 1.09 |
| Carbohydrate, by difference | g | 44.90 | | 0 | NC | 4 | | 67.35 | 12.73 | 18.86 |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 78 | | 1 | | 1 | | 117 | 22 | 33 |
| Iron, Fe | mg | 3.05 | | 1 | | 1 | | 4.58 | 0.86 | 1.28 |
| Magnesium, Mg | mg | 158 | | 1 | | 1 | | 237 | 45 | 66 |
| Phosphorus, P | mg | 345 | | 1 | | 1 | | 518 | 98 | 145 |
| Potassium, K | mg | 685 | | 1 | | 1 | | 1028 | 194 | 288 |
| Sodium, Na | mg | 10 | | 0 | | 1 | | 15 | 3 | 4 |
| Zinc, Zn | mg | 3.22 | | 1 | | 1 | | 4.83 | 0.91 | 1.35 |
| Copper, Cu | mg | 0.985 | | 1 | | 1 | | 1.478 | 0.279 | 0.414 |
| Manganese, Mn | mg | 1.034 | | 1 | | 1 | | 1.551 | 0.293 | 0.434 |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | | 1 | | 1 | | 2.1 | 0.4 | 0.6 |
| Thiamin | mg | 0.462 | | 1 | | 1 | | 0.693 | 0.131 | 0.194 |
| Riboflavin | mg | 0.198 | | 1 | | 1 | | 0.297 | 0.056 | 0.083 |
| Niacin | mg | 4.712 | | 1 | | 1 | | 7.068 | 1.336 | 1.979 |
| Pantothenic acid | mg | 0.895 | | 1 | | 1 | | 1.343 | 0.254 | 0.376 |
| Vitamin B-6 | mg | 0.298 | | 1 | | 1 | | 0.447 | 0.084 | 0.125 |
| Folate, total | µg | 71 | | 1 | | 1 | | 107 | 20 | 30 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 71 | | 1 | | 1 | | 107 | 20 | 30 |
| Folate, DFE | mcg_DFE | 71 | | 0 | NC | 4 | | 107 | 20 | 30 |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 1 | 0 | 0 |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 18 | | 1 | | 1 | | 27 | 5 | 8 |
| 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 | 5.550 | | 0 | | 1 | | 8.325 | 1.573 | 2.331 |
| 4:0 | g | | | | | | | | | |

**NDB No. 19821**
**Snacks, trail mix, regular, unsalted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.015 | 0.003 | 0.004 |
| 8:0 g | 0.200 | | 1 | | 1 | | 0.300 | 0.057 | 0.084 |
| 10:0 g | 0.160 | | 1 | | 1 | | 0.240 | 0.045 | 0.067 |
| 12:0 g | 1.170 | | 1 | | 1 | | 1.755 | 0.332 | 0.491 |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.480 | | 1 | | 1 | | 0.720 | 0.136 | 0.202 |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.530 | | 1 | | 1 | | 3.795 | 0.717 | 1.063 |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.000 | | 1 | | 1 | | 1.500 | 0.284 | 0.420 |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 12.530 | | 0 | | 1 | | 18.795 | 3.552 | 5.263 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.070 | | 1 | | 1 | | 0.105 | 0.020 | 0.029 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 12.290 | | 1 | | 1 | | 18.435 | 3.484 | 5.162 |
| 20:1 g | 0.170 | | 1 | | 1 | | 0.255 | 0.048 | 0.071 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 9.650 | | 0 | | 1 | | 14.475 | 2.736 | 4.053 |
| 18:2 undifferentiated g | 9.580 | | 1 | | 1 | | 14.370 | 2.716 | 4.024 |
| 18:3 undifferentiated g | 0.070 | | 1 | | 1 | | 0.105 | 0.020 | 0.029 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.166 | | 0 | | 1 | | 0.249 | 0.047 | 0.070 |
| Threonine g | 0.482 | | 0 | | 1 | | 0.723 | 0.137 | 0.202 |
| Isoleucine g | 0.515 | | 0 | | 1 | | 0.773 | 0.146 | 0.216 |
| Leucine g | 0.890 | | 0 | | 1 | | 1.335 | 0.252 | 0.374 |
| Lysine g | 0.515 | | 0 | | 1 | | 0.773 | 0.146 | 0.216 |
| Methionine g | 0.202 | | 0 | | 1 | | 0.303 | 0.057 | 0.085 |
| Cystine g | 0.217 | | 0 | | 1 | | 0.326 | 0.062 | 0.091 |
| Phenylalanine g | 0.658 | | 0 | | 1 | | 0.987 | 0.187 | 0.276 |
| Tyrosine g | 0.457 | | 0 | | 1 | | 0.686 | 0.130 | 0.192 |
| Valine g | 0.658 | | 0 | | 1 | | 0.987 | 0.187 | 0.276 |
| Arginine g | 1.520 | | 0 | | 1 | | 2.280 | 0.431 | 0.638 |
| Histidine g | 0.357 | | 0 | | 1 | | 0.536 | 0.101 | 0.150 |
| Alanine g | 0.587 | | 0 | | 1 | | 0.881 | 0.166 | 0.247 |
| Aspartic acid g | 1.523 | | 0 | | 1 | | 2.285 | 0.432 | 0.640 |
| Glutamic acid g | 3.023 | | 0 | | 1 | | 4.535 | 0.857 | 1.270 |
| Glycine g | 0.775 | | 0 | | 1 | | 1.163 | 0.220 | 0.326 |
| Proline g | 0.625 | | 0 | | 1 | | 0.938 | 0.177 | 0.263 |
| Serine g | 0.650 | | 0 | | 1 | | 0.975 | 0.184 | 0.273 |
| 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 = 150g: 1 cup

**NDB No. 19821**

**Snacks, trail mix, regular, unsalted**

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19062**

**Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 6.60 | | 1 | | 1 | | 9.64 | 1.87 | 2.77 |
| Energy....kcal | 484 | | 0 | NC | 4 | | 707 | 137 | 203 |
| Energy....kJ | 2025 | | | | 4 | | 2957 | 574 | 851 |
| Protein (N x 5.5)....g | 14.20 | | 1 | | 1 | | 20.73 | 4.03 | 5.96 |
| Total lipid (fat)....g | 31.90 | | 1 | | 1 | | 46.57 | 9.04 | 13.40 |
| Ash....g | 2.30 | | 1 | | 1 | | 3.36 | 0.65 | 0.97 |
| Carbohydrate, by difference....g | 44.90 | | 0 | NC | 4 | | 65.55 | 12.73 | 18.86 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 109 | | 1 | | 1 | | 159 | 31 | 46 |
| Iron, Fe....mg | 3.39 | | 1 | | 1 | | 4.95 | 0.96 | 1.42 |
| Magnesium, Mg....mg | 161 | | 1 | | 1 | | 235 | 46 | 68 |
| Phosphorus, P....mg | 387 | | 1 | | 1 | | 565 | 110 | 163 |
| Potassium, K....mg | 648 | | 1 | | 1 | | 946 | 184 | 272 |
| Sodium, Na....mg | 121 | | 1 | | 1 | | 177 | 34 | 51 |
| Zinc, Zn....mg | 3.14 | | 1 | | 1 | | 4.58 | 0.89 | 1.32 |
| Copper, Cu....mg | 0.844 | | 1 | | 1 | | 1.232 | 0.239 | 0.354 |
| Manganese, Mn....mg | 1.062 | | 1 | | 1 | | 1.551 | 0.301 | 0.446 |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.3 | | 1 | | 1 | | 1.9 | 0.4 | 0.5 |
| Thiamin....mg | 0.413 | | 1 | | 1 | | 0.603 | 0.117 | 0.173 |
| Riboflavin....mg | 0.224 | | 1 | | 1 | | 0.327 | 0.064 | 0.094 |
| Niacin....mg | 4.405 | | 1 | | 1 | | 6.431 | 1.249 | 1.850 |
| Pantothenic acid....mg | 0.964 | | 1 | | 1 | | 1.407 | 0.273 | 0.405 |
| Vitamin B-6....mg | 0.259 | | 1 | | 1 | | 0.378 | 0.073 | 0.109 |
| Folate, total....µg | 65 | | 1 | | 1 | | 95 | 18 | 27 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 65 | | 1 | | 1 | | 95 | 18 | 27 |
| Folate, DFE....mcg_DFE | 65 | | 0 | NC | 4 | | 95 | 18 | 27 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....mcg_RAE | 2 | | 0 | NC | 4 | | 3 | 1 | 1 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 44 | | 1 | | 1 | | 64 | 12 | 18 |
| 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 | 6.100 | | 0 | | 1 | | 8.906 | 1.729 | 2.562 |
| 4:0....g | | | | | | | | | |

**NDB No. 19062**
**Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.015 | 0.003 | 0.004 |
| 8:0 g | 0.210 | | 1 | | 1 | | 0.307 | 0.060 | 0.088 |
| 10:0 g | 0.180 | | 1 | | 1 | | 0.263 | 0.051 | 0.076 |
| 12:0 g | 1.260 | | 1 | | 1 | | 1.840 | 0.357 | 0.529 |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.540 | | 1 | | 1 | | 0.788 | 0.153 | 0.227 |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.750 | | 1 | | 1 | | 4.015 | 0.780 | 1.155 |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.150 | | 1 | | 1 | | 1.679 | 0.326 | 0.483 |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 13.540 | | 0 | | 1 | | 19.768 | 3.839 | 5.687 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.070 | | 1 | | 1 | | 0.102 | 0.020 | 0.029 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 13.280 | | 1 | | 1 | | 19.389 | 3.765 | 5.578 |
| 20:1 g | 0.190 | | 1 | | 1 | | 0.277 | 0.054 | 0.080 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 11.290 | | 0 | | 1 | | 16.483 | 3.201 | 4.742 |
| 18:2 undifferentiated g | 11.210 | | 1 | | 1 | | 16.367 | 3.178 | 4.708 |
| 18:3 undifferentiated g | 0.080 | | 1 | | 1 | | 0.117 | 0.023 | 0.034 |
| 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 | 4 | | 1 | | 1 | | 6 | 1 | 2 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.163 | | 0 | | 1 | | 0.238 | 0.046 | 0.068 |
| Threonine g | 0.501 | | 0 | | 1 | | 0.731 | 0.142 | 0.210 |
| Isoleucine g | 0.555 | | 0 | | 1 | | 0.810 | 0.157 | 0.233 |
| Leucine g | 0.955 | | 0 | | 1 | | 1.394 | 0.271 | 0.401 |
| Lysine g | 0.584 | | 0 | | 1 | | 0.853 | 0.166 | 0.245 |
| Methionine g | 0.217 | | 0 | | 1 | | 0.317 | 0.062 | 0.091 |
| Cystine g | 0.191 | | 0 | | 1 | | 0.279 | 0.054 | 0.080 |
| Phenylalanine g | 0.687 | | 0 | | 1 | | 1.003 | 0.195 | 0.289 |
| Tyrosine g | 0.506 | | 0 | | 1 | | 0.739 | 0.143 | 0.213 |
| Valine g | 0.702 | | 0 | | 1 | | 1.025 | 0.199 | 0.295 |
| Arginine g | 1.498 | | 0 | | 1 | | 2.187 | 0.425 | 0.629 |
| Histidine g | 0.356 | | 0 | | 1 | | 0.520 | 0.101 | 0.150 |
| Alanine g | 0.581 | | 0 | | 1 | | 0.848 | 0.165 | 0.244 |
| Aspartic acid g | 1.531 | | 0 | | 1 | | 2.235 | 0.434 | 0.643 |
| Glutamic acid g | 3.006 | | 0 | | 1 | | 4.389 | 0.852 | 1.263 |
| Glycine g | 0.767 | | 0 | | 1 | | 1.120 | 0.217 | 0.322 |
| Proline g | 0.689 | | 0 | | 1 | | 1.006 | 0.195 | 0.289 |
| Serine g | 0.656 | | 0 | | 1 | | 0.958 | 0.186 | 0.276 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 146g: 1 cup

**NDB No. 19062**

**Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds**

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19822**

**Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.60 | | 1 | | 1 | | 9.64 | 1.87 | 2.77 |
| Energy | kcal | 484 | | 0 | NC | 4 | | 707 | 137 | 203 |
| Energy | kJ | 2025 | | | | 4 | | 2957 | 574 | 851 |
| Protein (N x 5.5) | g | 14.20 | | 1 | | 1 | | 20.73 | 4.03 | 5.96 |
| Total lipid (fat) | g | 31.90 | | 1 | | 1 | | 46.57 | 9.04 | 13.40 |
| Ash | g | 2.30 | | 1 | | 1 | | 3.36 | 0.65 | 0.97 |
| Carbohydrate, by difference | g | 44.90 | | 0 | NC | 4 | | 65.55 | 12.73 | 18.86 |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 109 | | 1 | | 1 | | 159 | 31 | 46 |
| Iron, Fe | mg | 3.39 | | 1 | | 1 | | 4.95 | 0.96 | 1.42 |
| Magnesium, Mg | mg | 161 | | 1 | | 1 | | 235 | 46 | 68 |
| Phosphorus, P | mg | 387 | | 1 | | 1 | | 565 | 110 | 163 |
| Potassium, K | mg | 648 | | 1 | | 1 | | 946 | 184 | 272 |
| Sodium, Na | mg | 27 | | 0 | | 1 | | 39 | 8 | 11 |
| Zinc, Zn | mg | 3.14 | | 1 | | 1 | | 4.58 | 0.89 | 1.32 |
| Copper, Cu | mg | 0.844 | | 1 | | 1 | | 1.232 | 0.239 | 0.354 |
| Manganese, Mn | mg | 1.062 | | 1 | | 1 | | 1.551 | 0.301 | 0.446 |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | | 1 | | 1 | | 1.9 | 0.4 | 0.5 |
| Thiamin | mg | 0.413 | | 1 | | 1 | | 0.603 | 0.117 | 0.173 |
| Riboflavin | mg | 0.224 | | 1 | | 1 | | 0.327 | 0.064 | 0.094 |
| Niacin | mg | 4.405 | | 1 | | 1 | | 6.431 | 1.249 | 1.850 |
| Pantothenic acid | mg | 0.964 | | 1 | | 1 | | 1.407 | 0.273 | 0.405 |
| Vitamin B-6 | mg | 0.259 | | 1 | | 1 | | 0.378 | 0.073 | 0.109 |
| Folate, total | µg | 65 | | 1 | | 1 | | 95 | 18 | 27 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 65 | | 1 | | 1 | | 95 | 18 | 27 |
| Folate, DFE | mcg_DFE | 65 | | 0 | NC | 4 | | 95 | 18 | 27 |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | mcg_RAE | 3 | | 0 | NC | 4 | | 4 | 1 | 1 |
| Retinol | µg | 1 | | 0 | NC | 4 | | 1 | 0 | 0 |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 44 | | 1 | | 1 | | 64 | 12 | 18 |
| 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 | 6.100 | | 0 | | 1 | | 8.906 | 1.729 | 2.562 |
| 4:0 | g | | | | | | | | | |

**NDB No. 19822**

**Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.010 | | 1 | | 1 | | 0.015 | 0.003 | 0.004 |
| 8:0 g | 0.210 | | 1 | | 1 | | 0.307 | 0.060 | 0.088 |
| 10:0 g | 0.180 | | 1 | | 1 | | 0.263 | 0.051 | 0.076 |
| 12:0 g | 1.260 | | 1 | | 1 | | 1.840 | 0.357 | 0.529 |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.540 | | 1 | | 1 | | 0.788 | 0.153 | 0.227 |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.750 | | 1 | | 1 | | 4.015 | 0.780 | 1.155 |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.150 | | 1 | | 1 | | 1.679 | 0.326 | 0.483 |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 13.540 | | 0 | | 1 | | 19.768 | 3.839 | 5.687 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.070 | | 1 | | 1 | | 0.102 | 0.020 | 0.029 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 13.280 | | 1 | | 1 | | 19.389 | 3.765 | 5.578 |
| 20:1 g | 0.190 | | 1 | | 1 | | 0.277 | 0.054 | 0.080 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 11.290 | | 0 | | 1 | | 16.483 | 3.201 | 4.742 |
| 18:2 undifferentiated g | 11.210 | | 1 | | 1 | | 16.367 | 3.178 | 4.708 |
| 18:3 undifferentiated g | 0.080 | | 1 | | 1 | | 0.117 | 0.023 | 0.034 |
| 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 | 4 | | 1 | | 1 | | 6 | 1 | 2 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.163 | | 0 | | 1 | | 0.238 | 0.046 | 0.068 |
| Threonine g | 0.501 | | 0 | | 1 | | 0.731 | 0.142 | 0.210 |
| Isoleucine g | 0.555 | | 0 | | 1 | | 0.810 | 0.157 | 0.233 |
| Leucine g | 0.955 | | 0 | | 1 | | 1.394 | 0.271 | 0.401 |
| Lysine g | 0.584 | | 0 | | 1 | | 0.853 | 0.166 | 0.245 |
| Methionine g | 0.217 | | 0 | | 1 | | 0.317 | 0.062 | 0.091 |
| Cystine g | 0.191 | | 0 | | 1 | | 0.279 | 0.054 | 0.080 |
| Phenylalanine g | 0.687 | | 0 | | 1 | | 1.003 | 0.195 | 0.289 |
| Tyrosine g | 0.506 | | 0 | | 1 | | 0.739 | 0.143 | 0.213 |
| Valine g | 0.702 | | 0 | | 1 | | 1.025 | 0.199 | 0.295 |
| Arginine g | 1.498 | | 0 | | 1 | | 2.187 | 0.425 | 0.629 |
| Histidine g | 0.356 | | 0 | | 1 | | 0.520 | 0.101 | 0.150 |
| Alanine g | 0.581 | | 0 | | 1 | | 0.848 | 0.165 | 0.244 |
| Aspartic acid g | 1.531 | | 0 | | 1 | | 2.235 | 0.434 | 0.643 |
| Glutamic acid g | 3.006 | | 0 | | 1 | | 4.389 | 0.852 | 1.263 |
| Glycine g | 0.767 | | 0 | | 1 | | 1.120 | 0.217 | 0.322 |
| Proline g | 0.689 | | 0 | | 1 | | 1.006 | 0.195 | 0.289 |
| Serine g | 0.656 | | 0 | | 1 | | 0.958 | 0.186 | 0.276 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 146g: 1 cup

**NDB No. 19822**

**Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds**

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 25 Snacks

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

**NDB No. 19061**
**Snacks, trail mix, tropical**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 9.00 | | 0 | | 1 | | 12.60 | 2.55 | 3.78 |
| Energy....kcal | 407 | | 0 | NC | 4 | | 570 | 115 | 171 |
| Energy....kJ | 1703 | | | | 4 | | 2384 | 483 | 715 |
| Protein (N x 0)....g | 6.30 | | 0 | | 1 | | 8.82 | 1.79 | 2.65 |
| Total lipid (fat)....g | 17.10 | | 0 | | 1 | | 23.94 | 4.85 | 7.18 |
| Ash....g | 2.00 | | 0 | | 1 | | 2.80 | 0.57 | 0.84 |
| Carbohydrate, by difference....g | 65.60 | | 0 | NC | 4 | | 91.84 | 18.60 | 27.55 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 57 | | 0 | | 1 | | 80 | 16 | 24 |
| Iron, Fe....mg | 2.64 | | 0 | | 1 | | 3.70 | 0.75 | 1.11 |
| Magnesium, Mg....mg | 96 | | 0 | | 1 | | 134 | 27 | 40 |
| Phosphorus, P....mg | 186 | | 0 | | 1 | | 260 | 53 | 78 |
| Potassium, K....mg | 709 | | 0 | | 1 | | 993 | 201 | 298 |
| Sodium, Na....mg | 10 | | 0 | | 1 | | 14 | 3 | 4 |
| Zinc, Zn....mg | 1.17 | | 0 | | 1 | | 1.64 | 0.33 | 0.49 |
| Copper, Cu....mg | 0.528 | | 0 | | 1 | | 0.739 | 0.150 | 0.222 |
| Manganese, Mn....mg | 0.966 | | 0 | | 1 | | 1.352 | 0.274 | 0.406 |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 7.6 | | 0 | | 1 | | 10.6 | 2.2 | 3.2 |
| Thiamin....mg | 0.450 | | 0 | | 1 | | 0.630 | 0.128 | 0.189 |
| Riboflavin....mg | 0.115 | | 0 | | 1 | | 0.161 | 0.033 | 0.048 |
| Niacin....mg | 1.482 | | 0 | | 1 | | 2.075 | 0.420 | 0.622 |
| Pantothenic acid....mg | 1.218 | | 0 | | 1 | | 1.705 | 0.345 | 0.512 |
| Vitamin B-6....mg | 0.327 | | 0 | | 1 | | 0.458 | 0.093 | 0.137 |
| Folate, total....µg | 42 | | 0 | | 1 | | 59 | 12 | 18 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 42 | | 0 | | 1 | | 59 | 12 | 18 |
| Folate, DFE....mcg_DFE | 42 | | 0 | NC | 4 | | 59 | 12 | 18 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....mcg_RAE | 2 | | 0 | NC | 4 | | 3 | 1 | 1 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 49 | | 0 | | 1 | | 69 | 14 | 21 |
| 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 | 8.480 | | 0 | | 1 | | 11.872 | 2.404 | 3.562 |
| 4:0....g | | | | | | | | | |

**NDB No. 19061**
**Snacks, trail mix, tropical**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 6:0 g | 0.050 | | 0 | | 1 | | 0.070 | 0.014 | 0.021 |
| 8:0 g | 0.640 | | 0 | | 1 | | 0.896 | 0.181 | 0.269 |
| 10:0 g | 0.510 | | 0 | | 1 | | 0.714 | 0.145 | 0.214 |
| 12:0 g | 3.860 | | 0 | | 1 | | 5.404 | 1.094 | 1.621 |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.490 | | 0 | | 1 | | 2.086 | 0.422 | 0.626 |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.270 | | 0 | | 1 | | 1.778 | 0.360 | 0.533 |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.640 | | 0 | | 1 | | 0.896 | 0.181 | 0.269 |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.490 | | 0 | | 1 | | 3.486 | 0.706 | 1.046 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.010 | | 0 | | 1 | | 0.014 | 0.003 | 0.004 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.460 | | 0 | | 1 | | 3.444 | 0.697 | 1.033 |
| 20:1 g | 0.010 | | 0 | | 1 | | 0.014 | 0.003 | 0.004 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 5.160 | | 0 | | 1 | | 7.224 | 1.463 | 2.167 |
| 18:2 undifferentiated g | 5.120 | | 0 | | 1 | | 7.168 | 1.452 | 2.150 |
| 18:3 undifferentiated g | 0.040 | | 0 | | 1 | | 0.056 | 0.011 | 0.017 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 (EPA) g | | | | | | | | | |
| 22:5 n-3 (DPA) g | | | | | | | | | |
| 22:6 n-3 (DHA) g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols mg | 80 | | 0 | | 1 | | 112 | 23 | 34 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.075 | | 0 | | 1 | | 0.105 | 0.021 | 0.032 |
| Threonine g | 0.223 | | 0 | | 1 | | 0.312 | 0.063 | 0.094 |
| Isoleucine g | 0.222 | | 0 | | 1 | | 0.311 | 0.063 | 0.093 |
| Leucine g | 0.360 | | 0 | | 1 | | 0.504 | 0.102 | 0.151 |
| Lysine g | 0.224 | | 0 | | 1 | | 0.314 | 0.064 | 0.094 |
| Methionine g | 0.146 | | 0 | | 1 | | 0.204 | 0.041 | 0.061 |
| Cystine g | 0.115 | | 0 | | 1 | | 0.161 | 0.033 | 0.048 |
| Phenylalanine g | 0.259 | | 0 | | 1 | | 0.363 | 0.073 | 0.109 |
| Tyrosine g | 0.160 | | 0 | | 1 | | 0.224 | 0.045 | 0.067 |
| Valine g | 0.296 | | 0 | | 1 | | 0.414 | 0.084 | 0.124 |
| Arginine g | 0.586 | | 0 | | 1 | | 0.820 | 0.166 | 0.246 |
| Histidine g | 0.211 | | 0 | | 1 | | 0.295 | 0.060 | 0.089 |
| Alanine g | 0.289 | | 0 | | 1 | | 0.405 | 0.082 | 0.121 |
| Aspartic acid g | 0.698 | | 0 | | 1 | | 0.977 | 0.198 | 0.293 |
| Glutamic acid g | 1.403 | | 0 | | 1 | | 1.964 | 0.398 | 0.589 |
| Glycine g | 0.267 | | 0 | | 1 | | 0.374 | 0.076 | 0.112 |
| Proline g | 0.228 | | 0 | | 1 | | 0.319 | 0.065 | 0.096 |
| Serine g | 0.209 | | 0 | | 1 | | 0.293 | 0.059 | 0.088 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 140g: 1 cup

**NDB No. 19061**
**Snacks, trail mix, tropical**

Measure 2 = 28.35g: 1 oz
Measure 3 = 42g: 1.5 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25030**
**Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.54 | | 0 | FLC | 4 | | 1.29 | | |
| Energy....kcal | 517 | | 0 | NC | 4 | | 146 | | |
| Energy....kJ | 2162 | | 0 | NC | 4 | | 613 | | |
| Protein....g | 4.13 | | 0 | MC | 9 | | 1.17 | | |
| Total lipid (fat)....g | 29.81 | | 0 | MC | 9 | | 8.45 | | |
| Ash....g | 3.56 | | 0 | FLC | 4 | | 1.01 | | |
| Carbohydrate, by difference....g | 57.97 | | 0 | NC | 4 | | 16.43 | | |
| Fiber, total dietary....g | 10.9 | | 0 | LC | 8 | | 3.1 | | |
| Sugars, total....g | 9.75 | | 0 | MC | 9 | | 2.76 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 79 | | 0 | MC | 9 | | 22 | | |
| Iron, Fe....mg | 1.64 | | 0 | MC | 9 | | 0.46 | | |
| Magnesium, Mg....mg | 86 | | 0 | FLC | 4 | | 24 | | |
| Phosphorus, P....mg | 198 | | 0 | FLC | 4 | | 56 | | |
| Potassium, K....mg | 1266 | | 0 | FLC | 4 | | 359 | | |
| Sodium, Na....mg | 246 | | 0 | FLC | 4 | | 70 | | |
| Zinc, Zn....mg | 1.15 | | 0 | FLC | 4 | | 0.33 | | |
| Copper, Cu....mg | 0.433 | | 0 | FLC | 4 | | 0.123 | | |
| Manganese, Mn....mg | 1.205 | | 0 | FLC | 4 | | 0.342 | | |
| Selenium, Se....µg | 3.2 | | 0 | FLC | 4 | | 0.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.1 | | 0 | LC | 8 | | 3.4 | | |
| Thiamin....mg | 0.227 | | 0 | FLC | 4 | | 0.064 | | |
| Riboflavin....mg | 0.131 | | 0 | FLC | 4 | | 0.037 | | |
| Niacin....mg | 1.768 | | 0 | FLC | 4 | | 0.501 | | |
| Pantothenic acid....mg | 1.721 | | 0 | FLC | 4 | | 0.488 | | |
| Vitamin B-6....mg | 0.530 | | 0 | FLC | 4 | | 0.150 | | |
| Folate, total....µg | 87 | | 0 | FLC | 4 | | 25 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 87 | | 0 | FLC | 4 | | 25 | | |
| Folate, DFE....mcg_DFE | 87 | | 0 | NC | 4 | | 25 | | |
| Choline, total....mg | 27.5 | | 0 | FLC | 4 | | 7.8 | | |
| Betaine....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| 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 | 97 | | 0 | NC | 4 | | 27 | | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta....µg | 1138 | | 0 | MC | 9 | | 323 | | |
| Carotene, alpha....µg | 1 | | 0 | MC | 9 | | 0 | | |
| Cryptoxanthin, beta....µg | 41 | | 0 | MC | 9 | | 12 | | |
| Vitamin A, IU....IU | 1932 | | 0 | NC | 4 | | 548 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 8.16 | | 0 | FLC | 4 | | 2.31 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | 0.01 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma....mg | 6.60 | | 0 | FLC | 4 | | 1.87 | | |
| Tocopherol, delta....mg | 0.24 | | 0 | FLC | 4 | | 0.07 | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | NR | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 44.5 | | 0 | FLC | 4 | | 12.6 | | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |

**Lipids:**

**NDB No. 25030**
**Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.887 | | 0 | FLC | 4 | | 0.535 | | |
| 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 | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 1.118 | | 0 | FLC | 4 | | 0.317 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.525 | | 0 | FLC | 4 | | 0.149 | | |
| 20:0....g | 0.157 | | 0 | FLC | 4 | | 0.044 | | |
| 22:0....g | 0.080 | | 0 | FLC | 4 | | 0.023 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 15.409 | | 0 | FLC | 4 | | 4.369 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.055 | | 0 | FLC | 4 | | 0.016 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 15.029 | | 0 | FLC | 4 | | 4.261 | | |
| 20:1....g | 0.318 | | 0 | FLC | 4 | | 0.090 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 6.930 | | 0 | FLC | 4 | | 1.965 | | |
| 18:2 undifferentiated....g | 4.696 | | 0 | FLC | 4 | | 1.331 | | |
| 18:3 undifferentiated....g | 2.231 | | 0 | FLC | 4 | | 0.633 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.095 | | 0 | FLC | 4 | | 0.027 | | |
| Cholesterol....mg | 0 | | 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 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25040**
**Snacks, vegetable chips, made from garden vegetables (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 | 6.31 | | 0 | FLC | 4 | | 1.79 | | |
| Energy | kcal | 473 | | 0 | NC | 4 | | 134 | | |
| Energy | kJ | 1978 | | 0 | NC | 4 | | 561 | | |
| Protein (N x 6.26) | g | 5.32 | | 0 | FLC | 4 | | 1.51 | | |
| Total lipid (fat) | g | 23.30 | | 0 | FLC | 4 | | 6.61 | | |
| Ash | g | 4.64 | | 0 | FLC | 4 | | 1.32 | | |
| Carbohydrate, by difference | g | 60.43 | | 0 | FLC | 4 | | 17.13 | | |
| Fiber, total dietary | g | 4.7 | | 0 | FLC | 4 | | 1.3 | | |
| Sugars, total | g | 4.04 | | 0 | FLC | 4 | | 1.15 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 52 | | 0 | FLC | 4 | | 15 | | |
| Iron, Fe | mg | 1.55 | | 0 | FLC | 4 | | 0.44 | | |
| Magnesium, Mg | mg | 53 | | 0 | FLC | 4 | | 15 | | |
| Phosphorus, P | mg | 130 | | 0 | FLC | 4 | | 37 | | |
| Potassium, K | mg | 838 | | 0 | FLC | 4 | | 238 | | |
| Sodium, Na | mg | 966 | | 0 | FLC | 4 | | 274 | | |
| Zinc, Zn | mg | 0.50 | | 0 | FLC | 4 | | 0.14 | | |
| Copper, Cu | mg | 0.232 | | 0 | FLC | 4 | | 0.066 | | |
| Manganese, Mn | mg | 0.275 | | 0 | FLC | 4 | | 0.078 | | |
| Selenium, Se | µg | 1.0 | | 0 | FLC | 4 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.9 | | 0 | FLC | 4 | | 1.4 | | |
| Thiamin | mg | 0.133 | | 0 | FLC | 4 | | 0.038 | | |
| Riboflavin | mg | 0.059 | | 0 | FLC | 4 | | 0.017 | | |
| Niacin | mg | 2.767 | | 0 | FLC | 4 | | 0.784 | | |
| Pantothenic acid | mg | 0.474 | | 0 | FLC | 4 | | 0.134 | | |
| Vitamin B-6 | mg | 0.545 | | 0 | FLC | 4 | | 0.154 | | |
| Folate, total | µg | 16 | | 0 | FLC | 4 | | 4 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 16 | | 0 | FLC | 4 | | 4 | | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 4 | | |
| Choline, total | mg | 31.5 | | 0 | FLC | 4 | | 8.9 | | |
| Betaine | mg | 0.1 | | 0 | FLC | 4 | | 0.0 | | |
| 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 | 9 | | 0 | NC | 4 | | 2 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 102 | | 0 | FLC | 4 | | 29 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 170 | | 0 | NC | 4 | | 48 | | |
| Lycopene | µg | 7248 | | 0 | FLC | 4 | | 2055 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 4.84 | | 0 | FLC | 4 | | 1.37 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, gamma | mg | 6.37 | | 0 | FLC | 4 | | 1.80 | | |
| Tocopherol, delta | mg | 0.23 | | 0 | FLC | 4 | | 0.06 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 17.5 | | 0 | FLC | 4 | | 5.0 | | |
| Dihydrophylloquinone | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Menaquinone-4 | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 25040**
**Snacks, vegetable chips, made from garden vegetables (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 | 1.762 | | 0 | FLC | 4 | | 0.500 | | |
| 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 | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 12:0....g | 0.008 | | 0 | FLC | 4 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | FLC | 4 | | 0.001 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 1.034 | | 0 | FLC | 4 | | 0.293 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.491 | | 0 | FLC | 4 | | 0.139 | | |
| 20:0....g | 0.150 | | 0 | FLC | 4 | | 0.042 | | |
| 22:0....g | 0.076 | | 0 | FLC | 4 | | 0.021 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 14.566 | | 0 | FLC | 4 | | 4.129 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.051 | | 0 | FLC | 4 | | 0.015 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 14.212 | | 0 | FLC | 4 | | 4.029 | | |
| 20:1....g | 0.303 | | 0 | FLC | 4 | | 0.086 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 6.602 | | 0 | FLC | 4 | | 1.872 | | |
| 18:2 undifferentiated....g | 4.475 | | 0 | FLC | 4 | | 1.269 | | |
| 18:3 undifferentiated....g | 2.127 | | 0 | FLC | 4 | | 0.603 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.091 | | 0 | FLC | 4 | | 0.026 | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | 150 | | 0 | NR | 4 | | 43 | | |
| Stigmasterol....mg | 1 | | 0 | FLC | 4 | | 0 | | |
| Campesterol....mg | 55 | | 0 | FLC | 4 | | 16 | | |
| Beta-sitosterol....mg | 95 | | 0 | FLC | 4 | | 27 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.083 | | 0 | FLC | 4 | | 0.024 | | |
| Threonine....g | 0.206 | | 0 | FLC | 4 | | 0.058 | | |
| Isoleucine....g | 0.217 | | 0 | FLC | 4 | | 0.062 | | |
| Leucine....g | 0.309 | | 0 | FLC | 4 | | 0.088 | | |
| Lysine....g | 0.302 | | 0 | FLC | 4 | | 0.086 | | |
| Methionine....g | 0.077 | | 0 | FLC | 4 | | 0.022 | | |
| Cystine....g | 0.052 | | 0 | FLC | 4 | | 0.015 | | |
| Phenylalanine....g | 0.230 | | 0 | FLC | 4 | | 0.065 | | |
| Tyrosine....g | 0.162 | | 0 | FLC | 4 | | 0.046 | | |
| Valine....g | 0.257 | | 0 | FLC | 4 | | 0.073 | | |
| Arginine....g | 0.269 | | 0 | FLC | 4 | | 0.076 | | |
| Histidine....g | 0.123 | | 0 | FLC | 4 | | 0.035 | | |
| Alanine....g | 0.244 | | 0 | FLC | 4 | | 0.069 | | |
| Aspartic acid....g | 0.903 | | 0 | FLC | 4 | | 0.256 | | |
| Glutamic acid....g | 0.915 | | 0 | FLC | 4 | | 0.259 | | |
| Glycine....g | 0.186 | | 0 | FLC | 4 | | 0.053 | | |
| Proline....g | 0.195 | | 0 | FLC | 4 | | 0.055 | | |
| Serine....g | 0.175 | | 0 | FLC | 4 | | 0.050 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |

**NDB No. 25040**
**Snacks, vegetable chips, made from garden vegetables (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 |
| 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 = 28.35g: 1 oz

**Footnotes:**

1 Made with potatoes, tomatoes, spinach and beets.

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

**Food Group:** 25 Snacks

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

**NDB No. 25050**
**Snacks, yucca (cassava) chips, salted**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | 0.658 | 4 | A | 1 | | 0.79 | 0.48 | 2.94 |
| Energy | kcal | 515 | | 0 | NC | 4 | | 146 | 88 | 541 |
| Energy | kJ | 2157 | | 0 | NC | 4 | | 611 | 367 | 2265 |
| Protein | g | 1.34 | 0.232 | 4 | A | 1 | | 0.38 | 0.23 | 1.41 |
| Total lipid (fat) | g | 25.91 | 3.068 | 4 | A | 1 | | 7.34 | 4.40 | 27.20 |
| Ash | g | 2.70 | | 0 | NR | 4 | | 0.77 | 0.46 | 2.84 |
| Carbohydrate, by difference | g | 69.23 | | 0 | NR | 4 | | 19.63 | 11.77 | 72.69 |
| Fiber, total dietary | g | 3.7 | 0.357 | 4 | A | 1 | | 1.0 | 0.6 | 3.9 |
| Sugars, total | g | 3.36 | | 0 | A | 1 | | 0.95 | 0.57 | 3.53 |
| Starch | g | 62.17 | 3.816 | 4 | A | 1 | | 17.63 | 10.57 | 65.28 |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 52 | 8.235 | 4 | A | 1 | | 15 | 9 | 54 |
| Iron, Fe | mg | 0.72 | 0.201 | 4 | A | 1 | | 0.20 | 0.12 | 0.76 |
| Magnesium, Mg | mg | 46 | 5.623 | 4 | A | 1 | | 13 | 8 | 48 |
| Phosphorus, P | mg | 99 | 16.385 | 4 | A | 1 | | 28 | 17 | 104 |
| Potassium, K | mg | 868 | 98.028 | 4 | A | 1 | | 246 | 147 | 911 |
| Sodium, Na | mg | 296 | 52.733 | 4 | A | 1 | | 84 | 50 | 310 |
| Zinc, Zn | mg | 0.85 | 0.064 | 4 | A | 1 | | 0.24 | 0.14 | 0.89 |
| Copper, Cu | mg | 0.115 | 0.020 | 4 | A | 1 | | 0.033 | 0.020 | 0.121 |
| Manganese, Mn | mg | 0.282 | 0.086 | 4 | A | 1 | | 0.080 | 0.048 | 0.296 |
| Selenium, Se | µg | 4.9 | | 2 | A | 1 | | 1.4 | 0.8 | 5.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.050 | 0.010 | 4 | A | 1 | | 0.014 | 0.008 | 0.052 |
| Riboflavin | mg | 0.027 | 0.011 | 4 | A | 1 | | 0.008 | 0.005 | 0.029 |
| Niacin | mg | 1.197 | 0.215 | 4 | A | 1 | | 0.339 | 0.204 | 1.257 |
| Pantothenic acid | mg | 0.890 | | 2 | A | 1 | | 0.252 | 0.151 | 0.935 |
| Vitamin B-6 | mg | 0.130 | 0.020 | 4 | A | 1 | | 0.037 | 0.022 | 0.136 |
| 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 | | | | | | | | | |
| Lycopene | µg | | | | | | | | | |
| Lutein + zeaxanthin | µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 2.78 | | 1 | A | 1 | | 0.79 | 0.47 | 2.92 |
| Tocopherol, beta | mg | 0.07 | | 1 | A | 1 | | 0.02 | 0.01 | 0.07 |
| Tocopherol, gamma | mg | 0.29 | | 1 | A | 1 | | 0.08 | 0.05 | 0.30 |
| 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 | 5.3 | | 1 | A | 1 | | 1.5 | 0.9 | 5.6 |
| Dihydrophylloquinone | µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Menaquinone-4 | µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.689 | | 0 | NC | 4 | | 2.463 | 1.477 | 9.123 |
| 4:0 | g | 0.006 | 0.001 | 4 | A | 1 | | 0.002 | 0.001 | 0.006 |
| 6:0 | g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | 0.000 | 0.001 |
| 8:0 | g | 0.010 | 0.002 | 4 | A | 1 | | 0.003 | 0.002 | 0.010 |
| 10:0 | g | 0.037 | 0.002 | 4 | A | 1 | | 0.011 | 0.006 | 0.039 |
| 12:0 | g | 0.039 | 0.022 | 4 | A | 1 | | 0.011 | 0.007 | 0.041 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.201 | 0.044 | 4 | A | 1 | | 0.057 | 0.034 | 0.211 |

**NDB No. 25050**
**Snacks, yucca (cassava) chips, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 15:0....g | 0.009 | 0.002 | 4 | A | 1 | | 0.003 | 0.002 | 0.010 |
| 16:0....g | 7.431 | 1.918 | 4 | A | 1 | | 2.107 | 1.263 | 7.803 |
| 17:0....g | 0.021 | 0.003 | 4 | A | 1 | | 0.006 | 0.004 | 0.022 |
| 18:0....g | 0.812 | 0.203 | 4 | A | 1 | | 0.230 | 0.138 | 0.853 |
| 20:0....g | 0.077 | 0.016 | 4 | A | 1 | | 0.022 | 0.013 | 0.081 |
| 22:0....g | 0.023 | 0.002 | 4 | A | 1 | | 0.006 | 0.004 | 0.024 |
| 24:0....g | 0.022 | 0.001 | 4 | A | 1 | | 0.006 | 0.004 | 0.023 |
| Fatty acids, total monounsaturated....g | 7.443 | | 0 | NC | 4 | | 2.110 | 1.265 | 7.815 |
| 14:1....g | 0.002 | 0.000 | 4 | A | 1 | | 0.001 | 0.000 | 0.002 |
| 15:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.071 | 0.014 | 4 | AS | 1 | | 0.020 | 0.012 | 0.074 |
| 16:1 c....g | 0.071 | 0.014 | 4 | A | 1 | | 0.020 | 0.012 | 0.074 |
| 16:1 t....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 | 7.322 | 2.570 | 4 | AS | 1 | | 2.076 | 1.245 | 7.688 |
| 18:1 c....g | 7.253 | 2.591 | 4 | A | 1 | | 2.056 | 1.233 | 7.616 |
| 18:1-11c (18:1c n-7)....g | | | | | | | | | |
| 18:1 t....g | 0.069 | 0.035 | 4 | A | 1 | | 0.020 | 0.012 | 0.072 |
| 18:1-11t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.037 | 0.012 | 4 | A | 1 | | 0.010 | 0.006 | 0.039 |
| 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 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | 0.011 | 0.005 | 4 | A | 1 | | 0.003 | 0.002 | 0.012 |
| Fatty acids, total polyunsaturated....g | 6.912 | | 0 | NC | 4 | | 1.960 | 1.175 | 7.258 |
| 18:2 undifferentiated....g | 6.804 | 2.322 | 4 | AS | 1 | | 1.929 | 1.157 | 7.144 |
| 18:2 n-6 c,c....g | 6.709 | 2.329 | 4 | A | 1 | | 1.902 | 1.140 | 7.044 |
| 18:2 CLAs....g | 0.014 | 0.003 | 4 | A | 1 | | 0.004 | 0.002 | 0.015 |
| 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 | 0.081 | 0.011 | 4 | A | 1 | | 0.023 | 0.014 | 0.085 |
| 18:3 undifferentiated....g | 0.058 | 0.003 | 4 | AS | 1 | | 0.016 | 0.010 | 0.061 |
| 18:3 n-3 c,c,c (ALA)....g | 0.058 | 0.003 | 4 | A | 1 | | 0.016 | 0.010 | 0.061 |
| 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 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.006 | 0.003 | 4 | A | 1 | | 0.002 | 0.001 | 0.007 |
| 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 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated....g | 0.003 | 0.002 | 4 | A | 1 | | 0.001 | 0.001 | 0.003 |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.033 | 0.024 | 4 | A | 1 | | 0.009 | 0.006 | 0.035 |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.003 | 0.000 | 4 | A | 1 | | 0.001 | 0.001 | 0.003 |
| 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 | 0.150 | | 0 | NC | 4 | | 0.042 | 0.025 | 0.157 |
| Fatty acids, total trans-monoenoic....g | 0.069 | | 0 | NC | 4 | | 0.020 | 0.012 | 0.072 |
| Fatty acids, total trans-polyenoic....g | 0.081 | | 0 | NC | 4 | | 0.023 | 0.014 | 0.085 |
| 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 = 28.35g: 1 oz

**NDB No. 25050**

**Snacks, yucca (cassava) chips, salted**

Measure 2 = 17g: 10 chips

Measure 3 = 105g: 1 bag

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

**Food Group:** 25 Snacks

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

**NDB No. 19433**
**Tortilla chips, low fat, baked without fat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.70 | | 0 | MC | 9 | | 0.48 | | |
| Energy | kcal | 415 | | 0 | NC | 4 | | 118 | | |
| Energy | kJ | 1738 | | 0 | NC | 4 | | 493 | | |
| Protein | g | 11.00 | | 0 | MC | 9 | | 3.12 | | |
| Total lipid (fat) | g | 5.70 | | 0 | MC | 9 | | 1.62 | | |
| Ash | g | 1.40 | | 0 | | 4 | | 0.40 | | |
| Carbohydrate, by difference | g | 80.00 | | 0 | MC | 9 | | 22.68 | | |
| Fiber, total dietary | g | 5.3 | | 0 | MC | 9 | | 1.5 | | |
| Sugars, total | g | 0.67 | | 0 | BFCN | 4 | | 0.19 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 159 | | 0 | MC | 9 | | 45 | | |
| Iron, Fe | mg | 1.60 | | 0 | MC | 9 | | 0.45 | | |
| Magnesium, Mg | mg | 97 | | 0 | MC | 9 | | 27 | | |
| Phosphorus, P | mg | 318 | | 0 | MC | 9 | | 90 | | |
| Potassium, K | mg | 272 | | 0 | MC | 9 | | 77 | | |
| Sodium, Na | mg | 419 | | 0 | MC | 9 | | 119 | | |
| Zinc, Zn | mg | 1.15 | | 0 | MC | 9 | | 0.33 | | |
| Copper, Cu | mg | 0.110 | | 0 | MC | 9 | | 0.031 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 15.7 | | 0 | FLM | 4 | | 4.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | mg | 0.220 | | 0 | MC | 9 | | 0.062 | | |
| Riboflavin | mg | 0.280 | | 0 | MC | 9 | | 0.079 | | |
| Niacin | mg | 0.420 | | 0 | MC | 9 | | 0.119 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.180 | | 0 | MC | 9 | | 0.051 | | |
| Folate, total | µg | 16 | | 0 | MC | 9 | | 5 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 16 | | 0 | MC | 9 | | 5 | | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 5 | | |
| Choline, total | mg | 21.9 | | 0 | FLA | 4 | | 6.2 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | NC | 4 | | 1 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 47 | | 0 | BFNN | 4 | | 13 | | |
| Carotene, alpha | µg | 30 | | 0 | BFNN | 4 | | 9 | | |
| Cryptoxanthin, beta | µg | 1 | | 0 | BFNN | 4 | | 0 | | |
| Vitamin A, IU | IU | 104 | | 0 | NC | 4 | | 30 | | |
| Lycopene | µg | 0 | | 0 | BFNN | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 652 | | 0 | BFNN | 4 | | 185 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.77 | | 0 | BFFN | 4 | | 0.22 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol) | µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol) | µg | | | | | | | | | |
| Vitamin D | IU | 0 | | | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.2 | | 0 | BFFN | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 19433**
**Tortilla chips, low fat, baked without 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 | 0.850 | | 0 | MC | 9 | | 0.241 | | |
| 4:0....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.684 | | 0 | MC | 9 | | 0.194 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.090 | | 0 | MC | 9 | | 0.026 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.660 | | 0 | MC | 9 | | 0.471 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.005 | | 0 | MC | 9 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.500 | | 0 | MC | 9 | | 0.425 | | |
| 20:1....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.870 | | 0 | MC | 9 | | 0.814 | | |
| 18:2 undifferentiated....g | 2.524 | | 0 | MC | 9 | | 0.716 | | |
| 18:3 undifferentiated....g | 0.078 | | 0 | MC | 9 | | 0.022 | | |
| 18:4....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFFN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 25 Snacks

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

**NDB No. 25028**
**Tortilla chips, yellow, plain, salted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 1.94 | 0.172 | 15 | A | 1 | | 0.55 | 0.48 | 6.50 |
| Energy....kcal | 499 | | 0 | NC | 4 | | 141 | 125 | 1672 |
| Energy....kJ | 2088 | | 0 | NC | 4 | | 592 | 522 | 6995 |
| Protein....g | 6.72 | 0.087 | 15 | A | 1 | | 1.90 | 1.68 | 22.50 |
| Total lipid (fat)....g | 22.74 | 0.374 | 15 | A | 1 | | 6.45 | 5.68 | 76.17 |
| Ash....g | 1.72 | 0.054 | 15 | A | 1 | | 0.49 | 0.43 | 5.77 |
| Carbohydrate, by difference....g | 66.89 | | 0 | NC | 4 | | 18.96 | 16.72 | 224.07 |
| Fiber, total dietary....g | 4.7 | 0.132 | 13 | A | 1 | | 1.3 | 1.2 | 15.7 |
| Sugars, total....g | 1.21 | 0.032 | 13 | A | 1 | | 0.34 | 0.30 | 4.06 |
| Sucrose....g | 0.89 | 0.032 | 13 | A | 1 | | 0.25 | 0.22 | 3.00 |
| Glucose (dextrose)....g | 0.16 | 0.006 | 13 | A | 1 | | 0.05 | 0.04 | 0.53 |
| Fructose....g | 0.16 | 0.003 | 13 | A | 1 | | 0.04 | 0.04 | 0.53 |
| Lactose....g | 0.00 | 0.000 | 13 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.00 | 0.000 | 13 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose....g | 0.00 | 0.000 | 13 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch....g | 60.55 | 0.412 | 13 | A | 1 | | 17.16 | 15.14 | 202.83 |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 102 | 5.999 | 15 | A | 1 | | 29 | 26 | 342 |
| Iron, Fe....mg | 1.34 | 0.073 | 15 | A | 1 | | 0.38 | 0.34 | 4.50 |
| Magnesium, Mg....mg | 84 | 1.498 | 15 | A | 1 | | 24 | 21 | 281 |
| Phosphorus, P....mg | 233 | 3.413 | 15 | A | 1 | | 66 | 58 | 782 |
| Potassium, K....mg | 208 | 5.559 | 15 | A | 1 | | 59 | 52 | 697 |
| Sodium, Na....mg | 305 | 17.506 | 14 | A | 1 | | 86 | 76 | 1021 |
| Zinc, Zn....mg | 1.48 | 0.045 | 15 | A | 1 | | 0.42 | 0.37 | 4.95 |
| Copper, Cu....mg | 0.105 | 0.004 | 15 | A | 1 | | 0.030 | 0.026 | 0.353 |
| Manganese, Mn....mg | 0.363 | 0.008 | 15 | A | 1 | | 0.103 | 0.091 | 1.217 |
| Selenium, Se....µg | 8.4 | 0.989 | 7 | A | 1 | | 2.4 | 2.1 | 28.2 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.130 | 0.012 | 13 | A | 1 | | 0.037 | 0.032 | 0.435 |
| Riboflavin....mg | 0.043 | 0.006 | 13 | A | 1 | | 0.012 | 0.011 | 0.144 |
| Niacin....mg | 1.498 | 0.118 | 13 | A | 1 | | 0.425 | 0.374 | 5.017 |
| Pantothenic acid....mg | 0.411 | 0.012 | 7 | A | 1 | | 0.117 | 0.103 | 1.378 |
| Vitamin B-6....mg | 0.202 | 0.008 | 13 | A | 1 | | 0.057 | 0.050 | 0.675 |
| Folate, total....µg | 22 | | 0 | FLA | 4 | | 6 | 6 | 74 |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 22 | | 0 | FLA | 4 | | 6 | 6 | 74 |
| Folate, DFE....mcg_DFE | 22 | | 0 | NC | 4 | | 6 | 6 | 74 |
| Choline, total....mg | 19.1 | | 0 | FLA | 4 | | 5.4 | 4.8 | 64.0 |
| Betaine....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 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 | 8 | | 0 | NC | 4 | | 2 | 2 | 26 |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 39 | 5.971 | 8 | A | 1 | | 11 | 10 | 129 |
| Carotene, alpha....µg | 56 | | 0 | FLA | 4 | | 16 | 14 | 188 |
| Cryptoxanthin, beta....µg | 57 | 8.859 | 8 | A | 1 | | 16 | 14 | 190 |
| Vitamin A, IU....IU | 158 | | 0 | NC | 4 | | 45 | 40 | 530 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 1198 | | 0 | FLA | 4 | | 340 | 300 | 4014 |
| Vitamin E (alpha-tocopherol)....mg | 2.97 | | 0 | FLA | 4 | | 0.84 | 0.74 | 9.96 |
| 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 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |

**NDB No. 25028**
**Tortilla chips, yellow, plain, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone).....µg | 0.6 | | 0 | FLA | 4 | | 0.2 | 0.2 | 2.1 |
| Dihydrophylloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.818 | | 0 | NC | 4 | | 0.799 | 0.705 | 9.441 |
| 4:0.....g | 0.007 | 0.001 | 15 | A | 1 | | 0.002 | 0.002 | 0.025 |
| 6:0.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0.....g | 0.009 | 0.001 | 15 | A | 1 | | 0.003 | 0.002 | 0.031 |
| 10:0.....g | 0.020 | 0.003 | 15 | A | 1 | | 0.006 | 0.005 | 0.066 |
| 12:0.....g | 0.003 | 0.001 | 15 | A | 1 | | 0.001 | 0.001 | 0.010 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.023 | 0.007 | 15 | A | 1 | | 0.007 | 0.006 | 0.078 |
| 15:0.....g | 0.004 | 0.000 | 15 | A | 1 | | 0.001 | 0.001 | 0.014 |
| 16:0.....g | 2.152 | 0.214 | 15 | A | 1 | | 0.610 | 0.538 | 7.209 |
| 17:0.....g | 0.013 | 0.001 | 15 | A | 1 | | 0.004 | 0.003 | 0.044 |
| 18:0.....g | 0.498 | 0.022 | 15 | A | 1 | | 0.141 | 0.124 | 1.667 |
| 20:0.....g | 0.049 | 0.002 | 15 | A | 1 | | 0.014 | 0.012 | 0.164 |
| 22:0.....g | 0.019 | 0.002 | 15 | A | 1 | | 0.005 | 0.005 | 0.062 |
| 24:0.....g | 0.021 | 0.001 | 15 | A | 1 | | 0.006 | 0.005 | 0.071 |
| Fatty acids, total monounsaturated.....g | 8.920 | | 0 | NC | 4 | | 2.529 | 2.230 | 29.882 |
| 14:1.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.029 | 0.004 | 15 | AS | 1 | | 0.008 | 0.007 | 0.098 |
| 16:1 c.....g | 0.029 | 0.004 | 15 | A | 1 | | 0.008 | 0.007 | 0.098 |
| 16:1 t.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | 0.005 | 0.001 | 15 | A | 1 | | 0.001 | 0.001 | 0.016 |
| 18:1 undifferentiated.....g | 8.771 | 0.671 | 15 | AS | 1 | | 2.487 | 2.193 | 29.384 |
| 18:1 c.....g | 8.750 | 0.669 | 15 | A | 1 | | 2.481 | 2.188 | 29.314 |
| 18:1-11c (18:1c n-7).....g | | | | | | | | | |
| 18:1 t.....g | 0.021 | 0.003 | 15 | A | 1 | | 0.006 | 0.005 | 0.070 |
| 18:1-11t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.108 | 0.018 | 15 | A | 1 | | 0.031 | 0.027 | 0.363 |
| 22:1 undifferentiated.....g | 0.003 | 0.001 | 15 | AS | 1 | | 0.001 | 0.001 | 0.010 |
| 22:1 c.....g | 0.003 | 0.001 | 15 | A | 1 | | 0.001 | 0.001 | 0.010 |
| 22:1 t.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.003 | 0.001 | 15 | A | 1 | | 0.001 | 0.001 | 0.011 |
| Fatty acids, total polyunsaturated.....g | 9.159 | | 0 | NC | 4 | | 2.597 | 2.290 | 30.684 |
| 18:2 undifferentiated.....g | 8.785 | 0.616 | 15 | AS | 1 | | 2.491 | 2.196 | 29.429 |
| 18:2 n-6 c,c.....g | 8.723 | 0.614 | 15 | A | 1 | | 2.473 | 2.181 | 29.222 |
| 18:2 CLAs.....g | 0.012 | 0.001 | 15 | A | 1 | | 0.003 | 0.003 | 0.039 |
| 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 | 0.005 | 15 | A | 1 | | 0.014 | 0.013 | 0.168 |
| 18:3 undifferentiated.....g | 0.354 | 0.087 | 15 | AS | 1 | | 0.100 | 0.088 | 1.185 |
| 18:3 n-3 c,c,c (ALA).....g | 0.354 | 0.087 | 15 | A | 1 | | 0.100 | 0.088 | 1.185 |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.010 | 0.002 | 15 | A | 1 | | 0.003 | 0.002 | 0.033 |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 15 | AS | 1 | | 0.000 | 0.000 | 0.002 |
| 20:3 n-3.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-6.....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.001 |
| 20:4 undifferentiated.....g | 0.002 | 0.001 | 15 | A | 1 | | 0.001 | 0.001 | 0.008 |
| 20:4 n-3.....g | | | | | | | | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.006 | 0.001 | 15 | A | 1 | | 0.002 | 0.001 | 0.020 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.004 |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.000 |

**NDB No. 25028**
**Tortilla chips, yellow, plain, salted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 15 | A | 1 | | 0.000 | 0.000 | 0.001 |
| Fatty acids, total trans....g | 0.071 | | 0 | NC | 4 | | 0.020 | 0.018 | 0.238 |
| Fatty acids, total trans-monoenoic....g | 0.021 | | 0 | NC | 4 | | 0.006 | 0.005 | 0.070 |
| Fatty acids, total trans-polyenoic....g | 0.050 | | 0 | NC | 4 | | 0.014 | 0.013 | 0.168 |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 10 chips

Measure 3 = 335g: 1 package

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

**Food Group:** 25 Snacks

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