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Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20033	Oat bran, raw	94	1 cup	5.292
20080	Wheat flour, whole-grain	120	1 cup	4.880
20012	Bulgur, dry	140	1 cup	4.267
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.791
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.743
20005	Barley, pearled, raw	200	1 cup	2.644
12147	Nuts, pine nuts, dried	28.35	1 oz	2.495
20011	Buckwheat flour, whole-groat	120	1 cup	2.436
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	2.302
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	2.223
20034	Oat bran, cooked	219	1 cup	2.111
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.013
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.997
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.931
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.915
20037	Rice, brown, long-grain, cooked	195	1 cup	1.765
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.751
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.734
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.689
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.687
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.683
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.625
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.553
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.551
18283	Muffins, oat bran	57	1 muffin	1.499
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.463
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.450
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	55	cup (1 NLEA serving)	1.443
09266	Pineapple, raw, all varieties	155	1 cup	1.437
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.422
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.421
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.417
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1.362
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	1.357
19061	Snacks, trail mix, tropical	140	1 cup	1.352
20028	Couscous, dry	173	1 cup	1.349
16051	Beans, white, mature seeds, canned	262	1 cup	1.349
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.345
19080	Candies, semisweet chocolate	168	1 cup	1.344
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	1.333
11461	Spinach, canned, regular pack, drained solids	214	1 cup	1.278
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.276

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.273
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	1.260
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.250
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.241
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	1.205
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.193
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	1.189
19078	Baking chocolate, unsweetened, squares	28.35	1 square	1.181
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.181
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.160
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.159
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.127
20013	Bulgur, cooked	182	1 cup	1.108
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.107
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.102
16008	Beans, baked, canned, with franks	259	1 cup	1.088
20083	Wheat flour, white, bread, enriched	137	1 cup	1.085
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	1.072
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.045
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	1.039
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	1.033
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.026
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.017
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.001
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.988
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.978
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.970
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.968
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.959
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.944
09042	Blackberries, raw	144	1 cup	0.930
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.929
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.926
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.917
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.904
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.903
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.875
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.874
18325	Pie, pecan, prepared from recipe	122	1 piece	0.869
20084	Wheat flour, white, cake, enriched	137	1 cup	0.869
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.861
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.859
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.854

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.853
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.844
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.832
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.828
09302	Raspberries, raw	123	1 cup	0.824
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.823
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.817
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.816
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.810
18324	Pie, pecan, commercially prepared	113	1 piece	0.802
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.791
18005	Bagels, cinnamon-raisin	89	4" bagel	0.780
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.779
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.776
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.775
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.774
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.764
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.764
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.764
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.757
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.746
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.744
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.740
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.726
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	0.705
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.690
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.679
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.677
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.677
21082	Fast foods, taco	263	1 large	0.676
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.675
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.675
12104	Nuts, coconut meat, raw	45	1 piece	0.675
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.674
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.657
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.648
09316	Strawberries, raw	166	1 cup	0.641
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.638
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.636
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.622
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.620
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.620
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.613
20113	Noodles, chinese, chow mein	45	1 cup	0.611
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.608
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.605

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.603
09055	Blueberries, frozen, sweetened	230	1 cup	0.603
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.598
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.598
16112	Miso	68.75	1 cup	0.591
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.591
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.591
18226	Crackers, rye, wafers, plain	11	1 wafer	0.590
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.585
19353	Syrups, maple	20	1 tbsp	0.582
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.566
22247	Macaroni and Cheese, canned entree	252	1 cup	0.564
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.562
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.560
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.557
07069	Salami, cooked, beef and pork	56.7	2 slices	0.555
11081	Beets, cooked, boiled, drained	170	1 cup	0.554
21024	Fast foods, french toast sticks	141	5 sticks	0.550
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.549
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.549
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.547
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.546
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.541
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0.536
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.531
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.529
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.528
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.527
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.527
22904	Chili con carne with beans, canned entree	222	1 cup	0.526
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.523
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.512
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.507
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.506
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.505
20110	Noodles, egg, cooked, enriched	160	1 cup	0.504
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.504
21077	Fast foods, frijoles with cheese	167	1 cup	0.503
11084	Beets, canned, drained solids	170	1 cup	0.488
09050	Blueberries, raw	145	1 cup	0.487
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.485
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.484
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.480
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.475
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.473
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.473
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.470
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.468

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.468
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.467
09087	Dates, deglet noor	178	1 cup	0.466
20089	Wild rice, cooked	164	1 cup	0.462
11961	Hearts of palm, canned	33	1 piece	0.460
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.459
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.458
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.454
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.454
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.453
20100	Macaroni, cooked, enriched	140	1 cup	0.451
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.451
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.448
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.448
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.447
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.446
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.443
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.443
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.443
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.442
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.441
21082	Fast foods, taco	171	1 small	0.439
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.436
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.434
09298	Raisins, seedless	145	1 cup	0.434
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.432
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.423
18044	Bread, pumpernickel	32	1 slice	0.418
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.417
18045	Bread, pumpernickel, toasted	29	1 slice	0.416
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.416
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.415
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.415
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.413
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.410
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.407
20006	Barley, pearled, cooked	157	1 cup	0.407
09040	Bananas, raw	150	1 cup	0.405
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.404
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.403
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.402
02010	Spices, cinnamon, ground	2.3	1 tsp	0.402
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.402
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.400

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21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	0.399
21042	Fast foods, chili con carne	253	1 cup	0.397
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.397
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.394
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.390
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.389
09294	Prune juice, canned	256	1 cup	0.387
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.385
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.384
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.383
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.383
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.383
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.382
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.380
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.379
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.378
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.378
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.378
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.376
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.368
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.367
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.366
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.366
11658	Spinach souffle	136	1 cup	0.366
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.366
11424	Pumpkin, canned, without salt	245	1 cup	0.365
18003	Bagels, egg	89	4" bagel	0.365
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.362
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.362
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.362
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.361
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.360
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.360
18309	Pie, cherry, prepared from recipe	180	1 piece	0.360
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.359
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.358
11364	Potatoes, baked, skin, without salt	58	1 skin	0.357
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.357
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.357
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.356
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.356
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.354

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.352
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.352
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.350
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.349
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.347
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.346
18235	Crackers, whole-wheat	16	4 crackers	0.344
18025	Bread, cracked-wheat	25	1 slice	0.343
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.341
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.339
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.338
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.337
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.336
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.333
21083	Fast foods, taco salad	198	1-1/2 cups	0.331
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.328
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.325
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.325
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.324
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.322
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.321
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.321
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.321
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.320
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.319
09040	Bananas, raw	118	1 banana	0.319
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.319
18065	Bread, wheat, toasted	23	1 slice	0.317
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.316
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.310
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.308
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.308
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.307
11655	Carrot juice, canned	236	1 cup	0.307
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.305
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.303
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.303
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.299
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.296
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.296
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.296
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.294
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.292
18003	Bagels, egg	71	3-1/2" bagel	0.291

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.289
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.289
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.289
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.288
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.288
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.287
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.287
18302	Pie, apple, prepared from recipe	155	1 piece	0.287
18319	Pie, fried pies, fruit	128	1 pie	0.287
18444	Pie, fried pies, cherry	128	1 pie	0.287
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.284
18064	Bread, wheat	25	1 slice	0.281
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.281
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.277
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.275
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.273
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.270
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.270
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.270
11457	Spinach, raw	30	1 cup	0.269
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.269
02030	Spices, pepper, black	2.1	1 tsp	0.268
35142	Frybread, made with lard (Navajo)	90	5" bread	0.267
21129	Fast foods, hush puppies	78	5 pieces	0.267
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.266
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.266
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.266
18060	Bread, rye	32	1 slice	0.264
18353	Rolls, hard (includes kaiser)	57	1 roll	0.262
11549	Tomato products, canned, sauce	245	1 cup	0.262
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.261
06094	Soup, onion, dry, mix	39	1 packet	0.259
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.258
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.257
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.256
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.256
18040	Bread, oatmeal, toasted	25	1 slice	0.256
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.255
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.254
18039	Bread, oatmeal	27	1 slice	0.254
11414	Potato salad, home-prepared	250	1 cup	0.253
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.252
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.251
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.250
18245	Danish pastry, cheese	71	1 danish	0.249

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.249
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.249
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.249
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.248
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.247
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.245
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.244
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.243
11578	Vegetable juice cocktail, canned	242	1 cup	0.242
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.242
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.242
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.240
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.240
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.240
11205	Cucumber, with peel, raw	301	1 large	0.238
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.237
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.235
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.234
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.234
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	0.234
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.231
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.231
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.227
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.226
18220	Crackers, melba toast, plain	20	4 pieces	0.226
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.225
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.224
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.222
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.219
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.218
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.218
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.218
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.218
18061	Bread, rye, toasted	24	1 slice	0.217
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.216
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.216
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.215
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.215
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.215
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.213
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.211
11213	Endive, raw	50	1 cup	0.210
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.210
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.210
21023	Fast foods, french toast with butter	135	2 slices	0.209

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.208
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.207
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.207
11282	Onions, raw	160	1 cup	0.206
18305	Pie, blueberry, commercially prepared	117	1 piece	0.206
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.206
18243	Croutons, seasoned	40	1 cup	0.206
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.205
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.205
11206	Cucumber, peeled, raw	280	1 large	0.204
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.203
18279	Muffins, corn, commercially prepared	57	1 muffin	0.202
18027	Bread, egg	40	1/2" slice	0.200
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.200
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.199
11641	Squash, summer, all varieties, raw	113	1 cup	0.198
11672	Potato pancakes	76	1 pancake	0.198
18055	Bread, reduced-calorie, wheat	23	1 slice	0.196
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.196
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.194
09094	Figs, dried, uncooked	38	2 figs	0.194
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.193
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.193
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.193
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.193
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.189
18177	Cookies, molasses	15	1 cookie, medium	0.189
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.188
18239	Croissants, butter	57	1 croissant	0.188
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.188
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.185
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.185
11090	Broccoli, raw	88	1 cup	0.185
18217	Crackers, matzo, plain	28.35	1 matzo	0.184
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.184
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.183
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.182
11333	Peppers, sweet, green, raw	149	1 cup	0.182
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.180
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.180
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.179
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.179
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.178
21088	Tostada with guacamole	130.5	1 tostada	0.176
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.176
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.175

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.174
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.174
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.170
11540	Tomato juice, canned, with salt added	243	1 cup	0.170
11112	Cabbage, red, raw	70	1 cup	0.170
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.169
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.168
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.168
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.168
20068	Tapioca, pearl, dry	152	1 cup	0.167
11821	Peppers, sweet, red, raw	149	1 cup	0.167
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.166
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.166
09340	Pears, asian, raw	275	1 pear	0.165
18232	Crackers, wheat, regular	8	4 crackers	0.165
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.165
18308	Pie, cherry, commercially prepared	117	1 piece	0.164
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.164
11081	Beets, cooked, boiled, drained	50	1 beet	0.163
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.163
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.163
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.163
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.162
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.161
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.160
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.160
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.159
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.159
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.159
11124	Carrots, raw	110	1 cup	0.157
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.156
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.156
11135	Cauliflower, raw	100	1 cup	0.155
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.155
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.153
02007	Spices, celery seed	2	1 tsp	0.151
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.151
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.150
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.148
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.148
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.147
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.147
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.146
11333	Peppers, sweet, green, raw	119	1 pepper	0.145

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.145
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.145
18268	French toast, frozen, ready-to-heat	59	1 slice	0.145
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.144
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.143
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.143
11282	Onions, raw	110	1 whole	0.142
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.142
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.142
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.141
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.140
11253	Lettuce, green leaf, raw	56	1 cup	0.140
22905	Beef stew, canned entree	232	1 cup	0.137
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.136
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.136
18041	Bread, pita, white, enriched	28	4" pita	0.135
11264	Mushrooms, canned, drained solids	156	1 cup	0.134
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.133
11821	Peppers, sweet, red, raw	119	1 pepper	0.133
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.133
20029	Couscous, cooked	157	1 cup	0.132
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.132
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.132
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.131
18048	Bread, raisin, toasted, enriched	24	1 slice	0.131
09176	Mangos, raw	207	1 mango	0.130
18047	Bread, raisin, enriched	26	1 slice	0.130
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.130
14346	Shake, fast food, chocolate	333	16 fl oz	0.130
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.130
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.130
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.129
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.129
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.128
02029	Spices, parsley, dried	1.3	1 tbsp	0.128
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.127
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.127
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.127
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.126
11114	Cabbage, savoy, raw	70	1 cup	0.126
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.126
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.125
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.125
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.125
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.125
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.125
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.124

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11143	Celery, raw	120	1 cup	0.124
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.123
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.123
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.123
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.123
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.123
11015	Asparagus, canned, drained solids	72	4 spears	0.122
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.122
09226	Papayas, raw	304	1 papaya	0.122
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.121
06174	Soup, stock, fish, home-prepared	233	1 cup	0.121
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.121
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.121
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.120
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.120
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.119
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.119
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.119
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.119
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.119
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.118
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.117
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.117
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.117
14347	Shake, fast food, vanilla	333	16 fl oz	0.117
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.117
11159	Coleslaw, home-prepared	120	1 cup	0.116
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.115
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.115
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.115
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.114
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.114
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.114
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.114
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.113
11109	Cabbage, raw	70	1 cup	0.112
18147	Cheesecake commercially prepared	80	1 piece	0.112
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.112
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.111
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.111
09087	Dates, deglet noor	41.5	5 dates	0.109
09326	Watermelon, raw	286	1 wedge	0.109
16158	Hummus, commercial	14	1 tbsp	0.108
06166	Sauce, homemade, white, medium	250	1 cup	0.108
11670	Peppers, hot chili, green, raw	45	1 pepper	0.107
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.106

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18134	Cake, sponge, prepared from recipe	63	1 piece	0.105
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.105
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.105
18053	Bread, reduced-calorie, rye	23	1 slice	0.104
09176	Mangos, raw	165	1 cup	0.104
09236	Peaches, raw	170	1 cup	0.104
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.103
11124	Carrots, raw	72	1 carrot	0.103
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.102
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.102
21127	Fast foods, coleslaw	99	3/4 cup	0.101
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.101
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.100
15141	Crustaceans, crab, blue, canned	135	1 cup	0.100
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.100
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.100
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.099
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.099
19036	Snacks, popcorn, cakes	10	1 cake	0.099
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.098
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.098
01164	Cheese sauce, prepared from recipe	243	1 cup	0.097
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.096
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.095
21139	Fast foods, potato, mashed	80	1/3 cup	0.094
18033	Bread, italian	20	1 slice	0.093
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.093
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.092
19270	Ice creams, chocolate	66	1/2 cup	0.092
09223	Tangerine juice, canned, sweetened	249	1 cup	0.092
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.092
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.091
21118	Fast foods, hotdog, plain	98	1 sandwich	0.091
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.091
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.090
11226	Jerusalem-artichokes, raw	150	1 cup	0.090
18057	Bread, reduced-calorie, white	23	1 slice	0.090
11457	Spinach, raw	10	1 leaf	0.090
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.090
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.090
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.090
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.089
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.089
19034	Snacks, popcorn, air-popped	8	1 cup	0.089
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.088
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.087

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Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.087
11206	Cucumber, peeled, raw	119	1 cup	0.087
11251	Lettuce, cos or romaine, raw	56	1 cup	0.087
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.086
02015	Spices, curry powder	2	1 tsp	0.086
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.085
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.085
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.085
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.084
11819	Peppers, hot chili, red, raw	45	1 pepper	0.084
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.084
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.084
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.083
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.082
11205	Cucumber, with peel, raw	104	1 cup	0.082
15128	Fish, tuna salad	205	1 cup	0.082
09252	Pears, raw	166	1 pear	0.081
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.081
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.081
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.080
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.080
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.078
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.078
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.078
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.078
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.077
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.077
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.077
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.076
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.076
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.076
02027	Spices, oregano, dried	1.5	1 tsp	0.075
09148	Kiwifruit, green, raw	76	1 medium	0.074
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.074
09191	Nectarines, raw	136	1 nectarine	0.073
09340	Pears, asian, raw	122	1 pear	0.073
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.073
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.072
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.072
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.072
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.072
14181	Chocolate syrup	18.75	1 tbsp	0.072
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.071
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.071
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.070
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.070
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.070
09316	Strawberries, raw	18	1 strawberry	0.069

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11284	Onions, dehydrated flakes	5	1 tbsp	0.069
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.069
11084	Beets, canned, drained solids	24	1 beet	0.069
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.069
18229	Crackers, standard snack-type, regular	12	4 crackers	0.069
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.068
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.068
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.068
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.068
14277	Grape drink, canned	250	8 fl oz	0.068
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.067
09181	Melons, cantaloupe, raw	160	1 cup	0.066
11090	Broccoli, raw	31	1 spear	0.065
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.065
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.063
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.063
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.063
18214	Crackers, cheese, regular	10	10 crackers	0.063
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.062
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.061
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.061
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.060
09236	Peaches, raw	98	1 peach	0.060
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.059
09326	Watermelon, raw	152	1 cup	0.058
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.058
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.057
18360	Taco shells, baked	13.3	1 medium	0.057
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.056
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.056
09226	Papayas, raw	140	1 cup	0.056
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.055
18170	Cookies, fig bars	16	1 cookie	0.055
19294	Fruit butters, apple	17	1 tbsp	0.054
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.053
09207	Orange juice, canned, unsweetened	249	1 cup	0.052
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.052
11954	Tomatillos, raw	34	1 medium	0.052
11215	Garlic, raw	3	1 clove	0.050
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.050
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.050
09404	Grapefruit juice, pink, raw	247	1 cup	0.049
09128	Grapefruit juice, white, raw	247	1 cup	0.049
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.049
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.049
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.049

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.049
09153	Lemon juice, canned or bottled	244	1 cup	0.049
14142	Carbonated beverage, grape soda	372	12 fl oz	0.048
14150	Carbonated beverage, orange	372	12 fl oz	0.048
09003	Apples, raw, with skin	138	1 apple	0.048
14157	Carbonated beverage, root beer	370	12 fl oz	0.048
09070	Cherries, sweet, raw	68	10 cherries	0.048
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.048
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.047
09316	Strawberries, raw	12	1 strawberry	0.046
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.046
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.046
09184	Melons, honeydew, raw	170	1 cup	0.046
09200	Oranges, raw, all commercial varieties	180	1 cup	0.045
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.045
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.045
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.045
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.044
02009	Spices, chili powder	2.6	1 tsp	0.044
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.044
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.044
01111	Milk shakes, thick vanilla	313	11 fl oz	0.044
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.044
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.043
09184	Melons, honeydew, raw	160	1/8 melon	0.043
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.042
09038	Avocados, raw, California	28.35	1 oz	0.042
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.042
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.042
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.042
09298	Raisins, seedless	14	1 packet	0.042
09004	Apples, raw, without skin	110	1 cup	0.042
11143	Celery, raw	40	1 stalk	0.041
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.041
16055	Carob flour	8	1 tbsp	0.041
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.041
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.041
09060	Carambola, (starfruit), raw	108	1 cup	0.040
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.040
19071	Candies, carob, unsweetened	28.35	1 oz	0.040
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.039
19014	Snacks, fruit leather, rolls	21	1 large	0.039
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.038
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.037
02048	Vinegar, cider	15	1 tbsp	0.037
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.037
11955	Tomatoes, sun-dried	2	1 piece	0.037

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07022	Frankfurter, beef	45	1 frank	0.037
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.036
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.036
06150	Sauce, barbecue	15.75	1 tbsp	0.035
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.035
09206	Orange juice, raw	248	1 cup	0.035
09279	Plums, raw	66	1 plum	0.034
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.034
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.034
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.034
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.034
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.034
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.034
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.034
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.034
09060	Carambola, (starfruit), raw	91	1 fruit	0.034
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.033
02028	Spices, paprika	2.1	1 tsp	0.033
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.033
11260	Mushrooms, white, raw	70	1 cup	0.033
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.033
09200	Oranges, raw, all commercial varieties	131	1 orange	0.033
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.032
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.032
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.031
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.031
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.031
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.031
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.030
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.029
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.029
11677	Shallots, raw	10	1 tbsp	0.029
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.029
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.029
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.029
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.028
09181	Melons, cantaloupe, raw	69	1/8 melon	0.028
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.028
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.028
02020	Spices, garlic powder	2.8	1 tsp	0.027
02026	Spices, onion powder	2.1	1 tsp	0.027
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.027
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.027
09021	Apricots, raw	35	1 apricot	0.027
09039	Avocados, raw, Florida	28.35	1 oz	0.027

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.027
07024	Frankfurter, chicken	45	1 frank	0.027
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.026
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.026
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.026
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.025
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.025
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.025
11740	Broccoli, flower clusters, raw	11	1 floweret	0.025
19300	Jellies	19	1 tbsp	0.025
11253	Lettuce, green leaf, raw	10	1 leaf	0.025
01037	Cheese, ricotta, part skim milk	246	1 cup	0.025
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.024
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.024
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.024
18086	Cake, angelfood, commercially prepared	28	1 piece	0.024
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.024
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.024
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.024
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.024
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.023
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.023
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.023
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.022
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.022
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.022
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.022
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.022
05277	Chicken, canned, meat only, with broth	142	5 oz	0.021
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.021
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.021
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.021
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.021
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.021
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.020
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.020
11135	Cauliflower, raw	13	1 floweret	0.020
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.020
11445	Seaweed, kelp, raw	10	2 tbsp	0.020
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.020
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.020
19041	Snacks, pork skins, plain	28.35	1 oz	0.020
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.020
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.020
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.019

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.019
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.019
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.019
11935	Catsup	15	1 tbsp	0.019
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.019
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.018
01095	Milk, canned, condensed, sweetened	306	1 cup	0.018
11282	Onions, raw	14	1 slice	0.018
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.018
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.018
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.018
09150	Lemons, raw, without peel	58	1 lemon	0.017
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.017
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.017
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.017
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.017
19296	Honey	21	1 tbsp	0.017
01123	Egg, whole, raw, fresh	58	1 extra large	0.016
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.016
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.016
11297	Parsley, raw	10	10 sprigs	0.016
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.016
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.016
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.015
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.015
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.015
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.015
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.015
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.015
11960	Carrots, baby, raw	10	1 medium	0.015
01036	Cheese, ricotta, whole milk	246	1 cup	0.015
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.015
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.014
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.014
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.014
01007	Cheese, camembert	38	1 wedge	0.014
07023	Frankfurter, beef and pork	45	1 frank	0.014
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.014
01131	Egg, whole, cooked, poached	50	1 large	0.014
01123	Egg, whole, raw, fresh	50	1 large	0.014
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
01128	Egg, whole, cooked, fried	46	1 large	0.014
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.014
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.014
19087	Candies, white chocolate	170	1 cup	0.014
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.014

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Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19129	Syrups, table blends, pancake	20	1 tbsp	0.014
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.013
01132	Egg, whole, cooked, scrambled	61	1 large	0.013
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.013
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.013
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.013
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.013
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.013
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.013
01057	Eggnog	254	1 cup	0.013
02045	Dill weed, fresh	1	5 sprigs	0.013
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.013
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.012
07028	Ham, sliced, extra lean	56.7	2 slices	0.012
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.012
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.012
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.012
01123	Egg, whole, raw, fresh	44	1 medium	0.012
11333	Peppers, sweet, green, raw	10	1 ring	0.012
09206	Orange juice, raw	86	juice from 1 orange	0.012
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.012
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.012
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.012
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.012
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.012
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.012
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
11156	Chives, raw	3	1 tbsp	0.011
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.011
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.011
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.011
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.011
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.011
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.011
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.011
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.011
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.011
11943	Pimento, canned	12	1 tbsp	0.011
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.011
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.011
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.010
07008	Bologna, beef and pork	56.7	2 slices	0.010
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.010
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.010
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.010

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.010
19108	Candies, jellybeans	28.35	10 large	0.010
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.010
02050	Vanilla extract	4.2	1 tsp	0.010
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.010
07017	Chicken roll, light meat	56.7	2 slices	0.010
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.010
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.009
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.009
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.009
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.009
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.009
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.009
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.009
01125	Egg, yolk, raw, fresh	16.6	1 large	0.009
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.009
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.009
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.009
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.009
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.009
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.009
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.009
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.009
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.009
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.009
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.009
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.009
19097	Sherbet, orange	74	1/2 cup	0.008
19297	Jams and preserves	20	1 tbsp	0.008
01019	Cheese, feta	28.35	1 oz	0.008
11935	Catsup	6	1 packet	0.008
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.008
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.008
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.008
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.008
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.008
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.008
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.007
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.007
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.007
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.007
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.007
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.007

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05286	Turkey and gravy, frozen	142	5-oz package	0.007
09160	Lime juice, raw	38	juice of 1 lime	0.007
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.007
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.007
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.007
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.006
02055	Horseradish, prepared	5	1 tsp	0.006
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.006
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
02047	Salt, table	6	1 tsp	0.006
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.006
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.006
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.006
09152	Lemon juice, raw	47	juice of 1 lemon	0.006
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.006
19095	Ice creams, vanilla	66	1/2 cup	0.005
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.005
13350	Beef, cured, dried	28.35	1 oz	0.005
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.005
01069	Cream substitute, powdered	2	1 tsp	0.004
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.004
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.004
20027	Cornstarch	8.064	1 tbsp	0.004
01032	Cheese, parmesan, grated	5	1 tbsp	0.004
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.004
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.004
19116	Candies, marshmallows	50	1 cup	0.004
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.004
07073	Sandwich spread, pork, beef	15	1 tbsp	0.004
01124	Egg, white, raw, fresh	33.4	1 large	0.004
14121	Carbonated beverage, club soda	355	12 fl oz	0.004
19088	Ice creams, vanilla, light	66	1/2 cup	0.003
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.003
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.003
01031	Cheese, neufchatel	28.35	1 oz	0.003
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.003
11429	Radishes, raw	4.5	1 radish	0.003
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.003
19089	Ice creams, vanilla, rich	74	1/2 cup	0.003
01035	Cheese, provolone	28.35	1 oz	0.003
01009	Cheese, cheddar	28.35	1 oz	0.003
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.003
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.003
01186	Cheese, cream, fat free	15.6	1 tbsp	0.003
01004	Cheese, blue	28.35	1 oz	0.003
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.002

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.002
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.002
01030	Cheese, muenster	28.35	1 oz	0.002
11945	Pickle relish, sweet	15	1 tbsp	0.002
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.002
19334	Sugars, brown	3.2	1 tsp	0.002
01072	Dessert topping, pressurized	4	1 tbsp	0.002
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.002
01017	Cheese, cream	14.5	1 tbsp	0.002
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.002
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.001
01040	Cheese, swiss	28.35	1 oz	0.001
07064	Pork sausage, fresh, cooked	27	1 patty	0.001
01056	Cream, sour, cultured	12	1 tbsp	0.001
07064	Pork sausage, fresh, cooked	26	2 links	0.001
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.001
19074	Candies, caramels	10.1	1 piece	0.001
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.001
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.001
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
19107	Candies, hard	6	1 piece	0.001
01145	Butter, without salt	14.2	1 tbsp	0.001
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.001
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19107	Candies, hard	3	1 small piece	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.000
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.000
01052	Cream, fluid, light whipping	15	1 tbsp	0.000
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal p	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
01001	Butter, salted	14.2	1 tbsp	0.000
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.000
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04002	Lard	12.8	1 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.000
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04582	Oil, canola	14	1 tbsp	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000